


2003

Life



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LIFE

2002-2003



The Virginian
Volume 85

Enrollment Average 700

Virginia High School
1200 Long Crescent Drive

276-821-5858

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LETTER TO THE EDITOR

Q. Why do we have to wait so long to get our yearbooks?

A. You would not believe how many times each member of the staff has had to answer that question. Basically the quality of our yearbook is the reason for the delay. The staff works hard all year 'round to create interesting pages and creative copy. The yearbook also has close to 200 pages which makes it huge considering the size of the school. Rather than filling the book with paragraphs that no one ever reads, the staff focuses more on getting photos of you, the student body. Also included are all of the spring sports and events such as prom and graduation, which pushes the final deadline almost into the summer.

Another reason for the late delivery date is lack of cooperation from students. When the staff asks for pictures or quotes, it takes forever to get them if any are turned in at all. The staff wastes tons of time digging up pictures and scrambling for quotes.

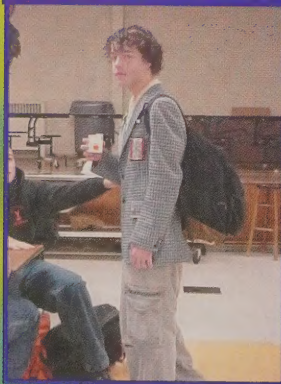
How about giving your friendly yearbook staff a break and helping them out? They do all that they can, so just be patient. Good things come to those who wait, and patience is a virtue.

Yours Truly,

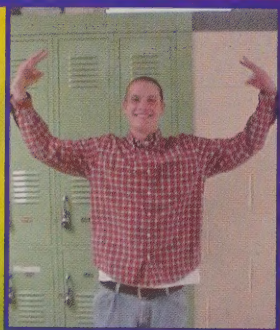
-Ginni Vance-
Class of '03

DESIGNER DIFFERENCES

THE POWER OF PLAID



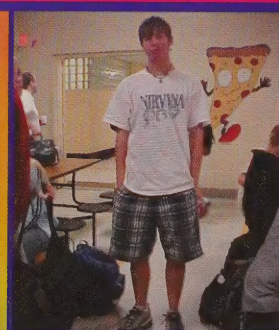
Dressed for Dinner - Who says dinner jackets only belong in the dining room? Bringing a little elegance to the cafeteria, freshman **Ryan Hagy** dresses just for juice.



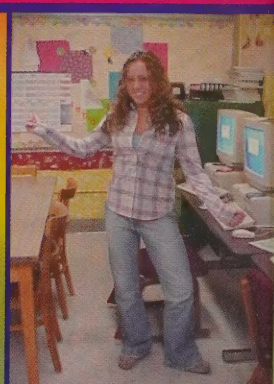
Word! - While posing for a candid shot, senior **Dustin Bohon** also manages to show off his plaid shirt. Not only are these shirts warm and comfortable, they have also proven to be very fashionable.



Sugar and Spice - In a style reminiscent of a bygone era, sophomore **Wendy Becker** dons her plaid pants. Both punk and preppy, this is a fad that has made a major impact this year.



Tee Time - Proving that golf shorts look good even off the green, sophomore **Seth Birchfield** sports his in the cafeteria. In 2002 students aren't afraid to invent their own styles.



Wild, Wild West - Bringing back the classic, western look senior **Leah Rosser** shows off her plaid button-up. The western look has made a successful comeback.

CELEBRITY SNAPSHOTS

"It's kind of like looking back on your eighth-grade photos, where you thought you looked really rad, and you're like 'Eew.'" -Jewel

The Road Not Taken

Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

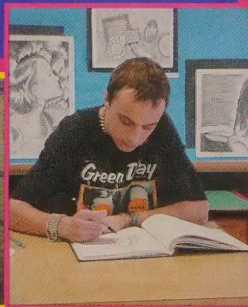
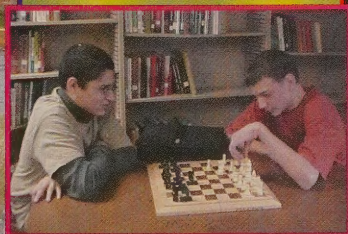
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that, the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

The Top 13 Richest Celebrities of 2002

1. George Lucas
\$ 200 million
2. Oprah Winfrey
\$ 150 million
3. Steven Spielberg
\$ 100 million
4. Tiger Woods
\$ 69 million
5. U2
\$ 69 million
6. Michael Schumacher
\$ 67 million
7. Mariah Carey
\$ 58 million
8. Stephen King
\$ 52.4 million
9. Dave Matthews Band
\$ 50 million
10. Tom Clancy
\$ 47.8 million
11. Adam Sandler
\$ 47 million
12. Bruce Willis
\$ 46 million
13. Ron Howard
\$ 45 million



Best
Friends

I
dreamed
I...

What is a
friend?

Do you have what it
takes to be a celebrity?

Meet The Panel

Do you have what it takes to be a celebrity?



"I definately have what
is takes to be a celbrity.
I'm Kevin Fielder" -
Kevin Fielder

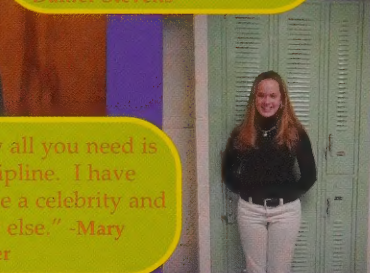
"I think everyone has what
it takes to be a celebrity. All it
takes is a little drive and
determination." -Jerry
Goodpasture



"To be a celebrity all you need is
courage and discipline. I have
what it takes to be a celebrity and
so does everyone else." -Mary
Katherine Wampler



"I don't think I could cut it
as a celebrity. I wouldn't
like everyone to know my
business all the time." -
Daniel Stevens



"Mallory and I have been
friends for about two years.
We've shared many great
memories together and I hope
we remain friends after we
graduate. I love ya Mall!"
-Nikki Mathesius



"Friends come and go, but there
is always one that sticks around.
Nikki is that 'one' friend that has
stuck around. I thank God for
putting her in my life as my best
friend! -Mallory Lucas

"Tara and I have been best
friends for many years. She
has stuck by me no matter
what. I really appreciate ev-
erything she has done for me.
We will remain friends forever."
-Tad Giles



"Tad and I have known each
other for a long time. We
met at Van Pelt in 4th grade
and have been friends ever
since. Even when I moved
away we remained friends."
-Tara Knowles

Concert Connection



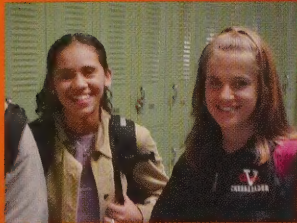
"The Juvenile concert I
went to at Viking Hall
was AWESOME. It was
so loud and everyone
around me was dancing
the whole time. If I got
the chance to see him live
again I would definately
go." ~Ashley Wentz



"The Brad Paisley concert was the best I've ever seen. His singing ability is
wonderful and I hope to get to see him in concert again sometime very soon.
Not only is his musicianship great but he's not bad to look at either." ~Jenna
Wagner

What is a friend? A single soul dwelling in two bodies.

~Aristotle



"Friends should have faith and trust in one another. They are there for you through thick and thin."
~Joanna Morales

"A true friend is a soulmate. They feel your pain and your glory with you. They are always proud and accepting of you."
~Julie Booher



"People come and go in your life, but a true friend will always be there."
~Ashley Jones



"A friend is someone who is always there for you and cares for you. They will do anything for you and not think twice. A friend should be honest and loyal."
~Elizabeth Browning



"If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all."
~Anna Quindlen



"You have to have confidence in your ability, and then be tough enough to follow through."
~Rosalynn

"Our lives improve only when we take chances-and the first and most difficult risk we can take is to be honest with ourselves"
~Walter Anderson



"I like a teacher who gives you something to take home to think about besides homework."
~Edith Ann



"Optimism is essential to achievement and it is also the foundation of courage and true progress."
~Lloyd Alexander

I dreamed I . . .

One of my weirdest dreams was when I dreamt me and a friend went to Tinseltown and when we got there Tinseltown it wasn't there; it was a parking lot. After we had been there for a few minutes, Julia Roberts walked across the parking lot. -Senior

Dear Senior,

You need to slow down and take some time to relax from your daily activities. You have a pursuit for pleasure. Dreaming about Julia Roberts may indicate that you have a desire for some of her physical or personality traits.

I have had a reoccurring dream for a few years. I am being chased by a giant squirrel through a K-Mart store and everywhere I go to hide the blue light goes on. On one occasion it was chasing me in my car by the highschool. Please help.

~Freshman

Dear Freshman,

Chase dreams often stem from anxiety you are experiencing in your life. The giant squirrel represents that life is trying to run you over or you are walking on shaky ground. You may be going through a situation you do not want to face. Ask yourself what you wanted to buy at K-Mart. This is a clue as to what kind of situation you are trying to run from. This dream may be telling you that it is best to confront your problems rather than running from them, because they will eventually catch up to you.

Can You Keep A Secret?

QUIZ

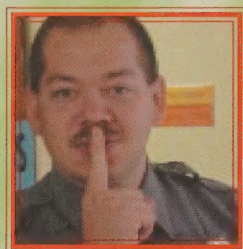


1) While making copies in the library, you overhear two teachers talking about your class's brainiac. Turns out he's not a brainiac at all and on the verge of not even graduating. You...

- a. Tell only your best friend, she won't tell.
- b. Keep silent, it's absolutely none of your business.
- c. Make it the conversational piece at the lunch table.

2) Your mother tells you she's planning a surprise party for your brother who's away at college. You...

- a. Drop hints to your bro subtly while talking to him online.
- b. Keep silent, a potential family fight would only make the night more interesting!
- c. You know your brother would be mortified, so you snitch.



3) Two buddies are trashing a third pal, calling him stingy. He is really tight with his money and has denied lending you small amounts before. You...

- a. Agree that his stinginess is ridiculous and suggest someone say something to his face.
- b. Nod, but refuse to comment.
- c. Chime in on the gossiping, he doesn't have to squeeze the penny to death!

Up to no good- Seniors Paul Pomeranke and Michael Fifer are caught whispering by the camera.. One must be cautious that others don't overhear secrets.



4) Your best friend has been in a serious relationship for three years, but her boyfriend isn't exactly the nicest guy. You hear from one of her boyfriend's pals that her man has been sneaking around with some girl he works with.

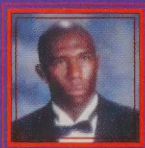
- a. Call up her boyfriend and confront him with what you heard.
- b. Wait until girlfriend states any suspicions about her man being unfaithful before you tell her the rumor.
- c. Run over to her house and tell her every detail you know- she needs to get away from him anyway!

What TYPE of guy are you compatible with?

Attention Ladies!

Here are 6 different categories of guys, look at their answers to our survey to find out which type of guy you tend to go for.

C.J. LEE



THE JOCK

ERIC MOFFATT CHRIS HORNER



SMART GUY



PREPPY BOY



ROCK STAR

RONNIE MATHIS CHARLIE BUSSEY



DEAD HEAD



FUNNY GUY

What's your favorite band?

C.J.: Soul 4 Real

Eric: Tool

Chris: Curtis Mayfield and the Impressions

Ryan: KISS

Ronnie: String Cheese Incident

Charlie: Hanson

What's your favorite song?

C.J.: Can't You Tell

Eric: Nothing Else Matters

Chris: Honky Tonk Women

Ryan: Creatures of The Night

Ronnie: The House of Wu

Charlie: Mmm-Bop

What's your favorite movie?

C.J.: Baby Boy

Eric: Gladiator

Chris: Dazed and Confused

Ryan: Detroit Rock City

Ronnie: Up in Smoke

Charlie: The Patriot

What's your favorite book?

C.J.: And Then There Were None

Eric: Lord of The Rings

Chris: "None that are in the English wing, that's for sure"

Ryan: Virtual War

Ronnie: The Boy Who Drank Too Much

Charlie: Il Timothy (Bible)

What specific attributes do you look for in a companion?

C.J.: Looks, personality and fun to be around.

Eric: "Someone who can have fun being who they are. Also, someone that you can talk to and has a good sense of humor."

Chris: "Well, I'm not going to lie, looks matter; but it's what inside that makes the person worthwhile. A companion must be trustworthy, able to communicate well and just fun to be with"

Ryan: Someone who is interested in what you have to say.

Ronnie: "If they are into me, if they like the funk, and what the look like."

Charlie: Female, a good personality, good smile and GREAT hair!

Who's your crush? (Celebrity or Personal)

C.J.: Janet Jackson

Eric: "I never thought Homer was good enough for Marge..."

Chris: "No one will ever steal my heart quite like my mom, but there is one really cute girl that I can't get off my mind."

Ryan: Shakira

Ronnie: Janis Joplin

Charlie: Cameron Diaz

What's your idea of a good date?

C.J.: Going out to eat dinner and coming back to my house for a movie.

Eric: "Going out and trying something new, interesting or just fun- nothing too serious."

Chris: "A good date has three important parts: good food, good music and a big smile on that special someone's face."

Ryan: Doing something fun with a person you really like.

Ronnie: "Going to a big show and listening to some funky music with my fem."

Charlie: "One with a female."

LAUGH MORE

Medical research has proven that laughing actually has many health benefits. It can improve one's posture, deep breathing, and burns calories. The average person laughs 100 times in one week. For every day's worth of laughs is equivalent to a 5 minute jog.

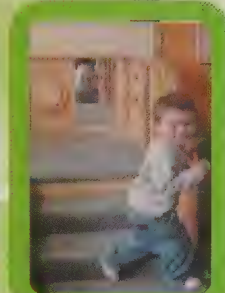


A laughing matter-Above, Michael Goodell and Jamie Hartsock are enjoying themselves in computer lab. These two sure know how to have a good time.



"Man is distinguished from all other creatures by the faculty of laughter."
Joseph Addison

"Laughter is the closest distance between two people."
-Victor Borge



A Military Laugh- From basic training, Haley Neebe, Andrew Denny and Samuel West have shared a military laugh and many memorable moments over the last four years. They gather together for a quick laugh to remember all the good times they've had.

County Boys- Shown below, seniors Hunter Lane and Kevin Worley enjoy a ride around town. With these two around, there is no such thing as boredom.



"He who laughs... lasts."



At Virginia High we love to laugh... At the games... At the Pep Rallies... In the halls...

In the parking lots... While in



Just whenever we get the

With our friends... In the Cafeteria... During labs... In the teacher's lounge...

VT. Game
The Cats'
Vs. the
Vikes

SMALL
SHOTS



Soap Opera Digest is the "insider's guide to daytime life at Virginia High.

Inside News

random notes

NOTE: The names used in the following passage are not actual students.

On Monday morning before first period class began, Chris and Blake whisper to each other as Bailey walks in; Chris stops abruptly and tries to persuade Blake to ask her about the rumor going around, but has no success. In the meantime, Jenn and Lindsay walk into the room gossiping about the incident that supposedly took place on Friday night of the previous weekend. Intentionally overhearing the "drama," Mrs. King gathers the classes attention and proceeds with her lesson. On the other side of the school the rumor is spreading like wild flowers, going from person to person and gaining info. as this happens. Currently in the teacher's lounge the same rumor was circulating. By the end of 6th period the story had been completely distorted. Between both the teacher's and the students gossiping Bailey's reputation had been completely ruined over something that didn't even happen. This is a common past time!

quick tip

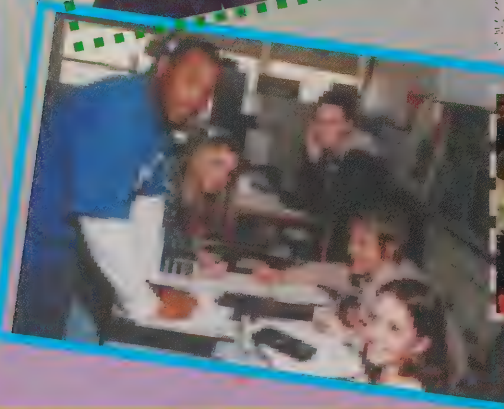
Virginia High School Has:

2293 - Lockers

1003 - Buses

72 - Soft Drinks

433 - Phone Calls



Happiness Quickie

"Anyone who has never made a mistake has never tried anything new."

More About You

How

grown~up

R

you

Anyway?

You can't decide what to get your bestfriend for their birthday.

You get a passing ticket.

Your boyfriend/girlfriend of two years tells you they need a break.

You're a baby if

...you're crying for yourself instead.

...you wave the cap for making you cover your face.

...you're full of thicker perfume and that's a vicious attack on the advice.

You're an adult if

...you're a friend and say them for their sake.

...you're in the lounge of your house and are from what to do.

...you're in a room and not crying in your room and not crying in your room.

soap • OPERA digest



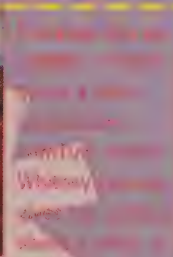
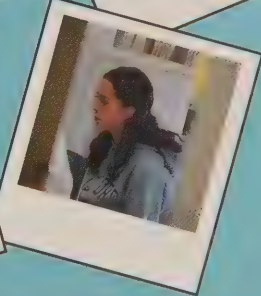
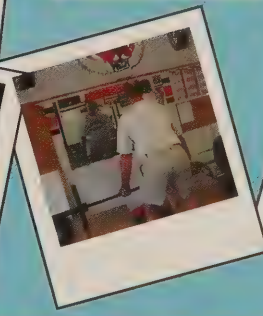
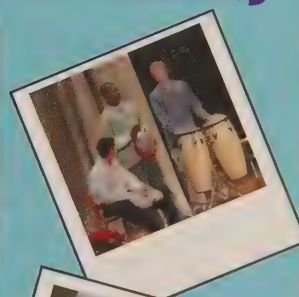
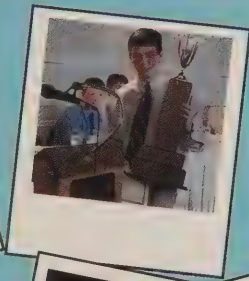
WORDS TO LIVE BY

“In life, the more things we have to overcome, the stronger we can become as people.”



Candid Shots...Bet you didn't know we were watching

You never know who is looking



Linked - This group of band members relaxes on a bench in Chicago.



Did You Know?

We asked 100 seniors, 50 guys and 50 girls, what they can't live without. 28% of the girls said min/gum, 30% - hairbrush, 16% - compact, 16% - Lip Gloss, 8 10% - mascara, 42% of the guys said mint/gum, 22% - Gel, 16% - Cologne, 12% - Chapstick, 8% said Birkenstocks.



To accomplish great things, we must dream as well as act.

Reach For The Sky - During weight lifting class, junior Josh Leonard power jumps.

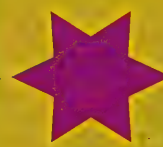
Anatole France

Competitor

10 Ways to Fool the Vikings

Top 10 Defensive Tackles

Top story...
Good vs. Evil



It's hard to find a tradition for most years now. The kids are always coming and going and there's a different group of kids for each day of the week. There's always some day when it's almost a tradition to have when they go to see the Viking trophy in the first competition by the cheerleaders leading the crowd in cheer. It's hard to find a tradition for most years now.

Friends forever....Showing their school spirit, this group gathers for a picture. Students often show school spirit by dressing up during the week.

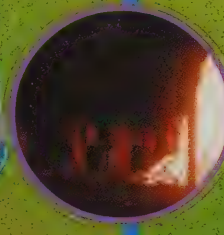
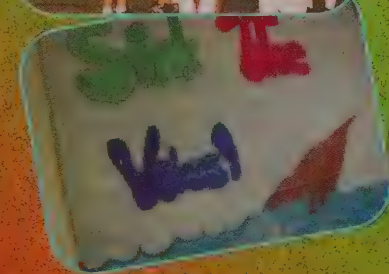
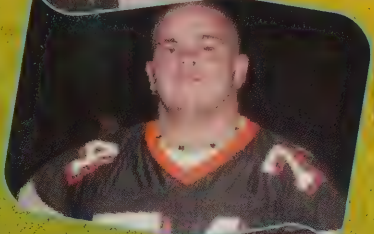
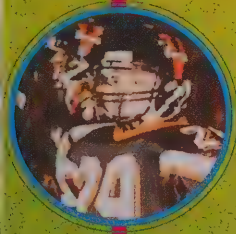
With your position....Running out when the game is over. The cheerleaders are the first to run out when the game is over. They are the first to run out when the game is over.

Whats going on??....While taking a breather sophomore Tyrope Mitchell gets some water while standing on sideline. It is essential for the players to get water throughout the game to keep them going.

While taking a breather sophomore Tyrope Mitchell gets some water while standing on sideline. It is essential for the players to get water throughout the game to keep them going.

Competitor

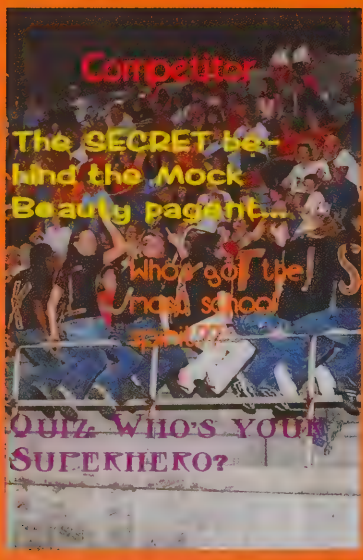
Salute the flag....Standing on the football field junior Megan Branson looks at the flag during the national anthem. Before every game the cheerleaders make a spirit line for the players when they come out.



10 Greatest Rivalries

1. Tennessee vs. Florida
2. Wake Forest vs. Duke
3. North Carolina vs. Duke
4. Rice Woods vs. North Carolina
5. Virginia Tech vs. Wake Forest
6. Tennessee vs. Florida College Football
7. Duke vs. Wake Forest
8. Auburn vs. Alabama
9. Clemson vs. South Carolina
10. Georgia vs. Alabama

Competitor



A Man of Few Words - Coach Jones, explains a play for T.J. Slagle to execute during the VT game. Listening to the advice of coaches is a key element in running a successful play.

Rah, Rah - The varsity girls basketball team dresses alike to show off their spirit at the V-T game. Many team members wear orange and black to be school spirited.

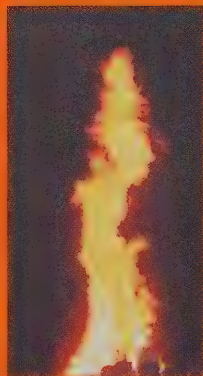
Cat's Back - Vocational teachers at the V-T game dressed alike to show off their school spirit. The vocational wing won 1st place in the VT hallway contest.

Hands to Heaven - At the V-T game, senior Sara Moore, yells for number 6, T.J. Slagle. To receive a pass great concentration will be required by junior T.J. Slagle.

Future Leaders - For the pep rally, some of the senior football players get the students hyped up for the VT game. VHS usually has pep rallies on days of home games.

The Cat's Meow - All of the Vocational teachers dressed alike on Friday to show off their school spirit for the game. The vocational wing won 1st place in the VT hallway contest.

By the Way - During a game, the vocational wing won 1st place in the VT hallway contest.



Superhero

1. If you saw a small child wandering alone in a busy supermarket you would...

- report it like a good samaritan
- swoop him up and carry him to his parents
- reveal your muscles and yell at the parent
- put the child in your car and race to the nearest police station
- be honest and ask the child if they want any help

2. You catch someone jumping line at lunch do you...

- rope them and drag them to the end of the line
- give them the "evil eye" and hope they will move
- turn green with envy and shove them out of the way
- take them to a hidden area of the school and interrogate them
- get on the "web" and email all the teachers concerning the crime

3. If you saw someone stealing a CD would you...

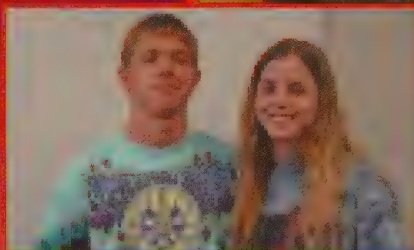
- be strong and try to stop them
- sidekick them
- trap them in a web
- fly over and stop them
- be patriotic and tell someone

4. If you saw an old lady about to get hit by a car would you...

- shoot the wheels with your bullet bracelet
- melt the wheels of the car with your laser eye
- bust out of your clothes and run and help her
- use your secret devices to shoot the car and stop it
- web the car to save her

5. If you or a member of your family was being held up by a man with a gun would you...

- block the shot with your bullet bracelet
- fly away
- get mad and yell
- sidekick the gun out of his hand
- use your spidey sense to see what was going to happen next



During VT Week, Officer Mutter shows off one of the Math wings decorated doors. Senior Morgan Fritt's and junior Ronnie Mathes take time out and smile for the camera on tie-dye day, during VT week. At the Mock Beauty Pageant, senior Rhoda Phillip's shows off her dancing skills to N'SNYC.

On Friday of VT week some senior girls get together with a few players to take a snap shot. Most of the senior girls make "senior shirts" to wear on Orange and Black Day. The first place winner of the Mock Beauty Pageant was Ozzy (Sara Moore) and Sharon (Derrick Widener) Osborne.

In the Mock Beauty Pageant, seniors Randy Stamey and Becca Bagwell dress up like Bill Clinton and Monica Lewinski. Another couple that participated in the Mock Beauty Pageant were seniors Todd Cross and Haley Meade. These two dressed up like Pamela Anderson and Kid Rock. This famous couple, Eminem and Kim, was portrayed by seniors Summer West and Clayton Hinson.

Vanity Fair

Students show
their true
colors!

Double Dates
The Homecoming Contest

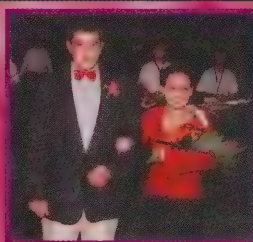
Queen Revealed!

Homecoming Top 10 (From left to right) - Brett Davis, Liz Browning, Robbie Withrow, Alex Littleton, Tyler Belcher, Sara Moore, Adam Macke, Deborah Ramey, Zak Poulton, Jessica Whaley, Mr. Hurley, Lindsey Raetigg, Kevin Fielder, Summer West, Todd Cross, Haley Meade, Paul Pomrenke, Jing Chen, Charlie Blusey, Sara Musgrave, Brandon Hall, Becca Sugwell, Kento Curcio, Stephen Sneed



"I really enjoyed being with her. She is a very beautiful girl and you can tell she is a very confident girl. She should be the Homecoming Queen!"

1st Runner Up ~ Haley Meade
escorted by Todd Cross



"It was a joy to escort such a fine young lady. Jessica was a great candidate for Homecoming and I had a lot of fun!"

2nd Runner Up ~ Jessica Whaley
escorted by Zak Poulton

"I am very honored to be chosen that I was able to walk with her in Homecoming. She is a great girl and a great person!"

3rd Runner Up ~ Jing Chen
escorted by Paul Pomrenke



"Deborah was a great candidate and I had a lot of fun to know her and to have her as my Homecoming experience was great!"

4th Runner Up ~ Deborah Ramey
escorted by Adam Macke



"It was such an honor to be able to walk on the 2002 Homecoming Court. It left me with another wonderful senior memory and overall was a very rewarding experience"

-Summer West, 2002 Homecoming Queen



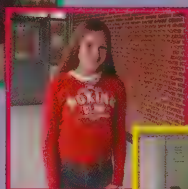
"It was a joy to see Summer's face light up on Homecoming night. She is a gorgeous girl with a great personality, and I was glad to be a part of this."

-Kevin Fielder, Escort



VANITY FAIR

CLASS COLOR DAY



Faculty - Black
Seniors - Blue
Juniors - Green
Sophomores - Red
Freshmen - Yellow

DOUBLE TAKE THE TWIN DAY CONTEST



Homecoming is a time to reflect on one's pride and spirit in their school. Throughout the week, students participated in a variety of dress-up days. One of the most highly anticipated days involved pupils dressing up as replicas of each other or famous book staff or organized a con-original twins. It was proven that "imitation is the highest form of flattery." First place winners Ashton Waldron and Nichole Treadway dressed as the famous Olsen twins, Mary-Kate and Ashley.

College bound - College shirt day was a great opportunity for students to take pride in the college of their choice. Senior Sara Moore is shown modeling her Elon t-shirt.

Two of a Kind - Ever wonder what it is like to have a twin? Twin day gave students an opportunity to find out. C.J. Lee and Daron Roller are just one of many "twins" of the day.



Stir Crazy - These four freshmen strike a tacky pose for the camera on Tacky Day. Freshmen attempt to blend in with the older crowd by showing their school pride.

From Bearcat to Wildcat - With a proud smile this freshman flaunts her University of Kentucky sweatshirt. UK is a popular university choice for graduates.



Get Out, Get - These two students, Mary-Kate and Ashley Olsen, are shown in their matching blue and white outfits, representing the Olsen twins.



Shake It Up! - Good friends Mrs. Neal and Mrs. Palmer dressed up for twin day. These were the most creative twins of the day sporting their salt and pepper outfits.

WEEKENDS

10 Dates for
10 Dollars!

Moments
of a
Lifetime!



"Concentration is the Key!" While paying attention to an important video game, Junior Joe Shaw, takes time out to relax. Relaxation for high school students is a definite must on weekends!!

"What are YOU looking at?" While watching the waves roll in, Senior Elizabeth Browning takes time away from people! Weekends are a great time to step away from the social aspect of things.



Saturday School Aaaagh - With a new policy for make-up work, Ms. Phelps instructs students during Saturday school. Students must attend Saturday school if they have missed too many required days.

"Close up!" - These two "Jokesters", Seniors Emily Toll and Liz Browning, often celebrate on the weekends away from all the stresses of school. It is when young people become serious about their school work.

"AWW": Often on the weekends, friends love to take time out and just be able to hang out with each other. These two BF's, Senior Kevin Helder and Junior Gwen Missie, take time to smile for the camera!



"Vogue"- Senior Sara Moore strikes the pose before the homecoming football game. A lot of seniors' weekend time is concentrated around school functions.



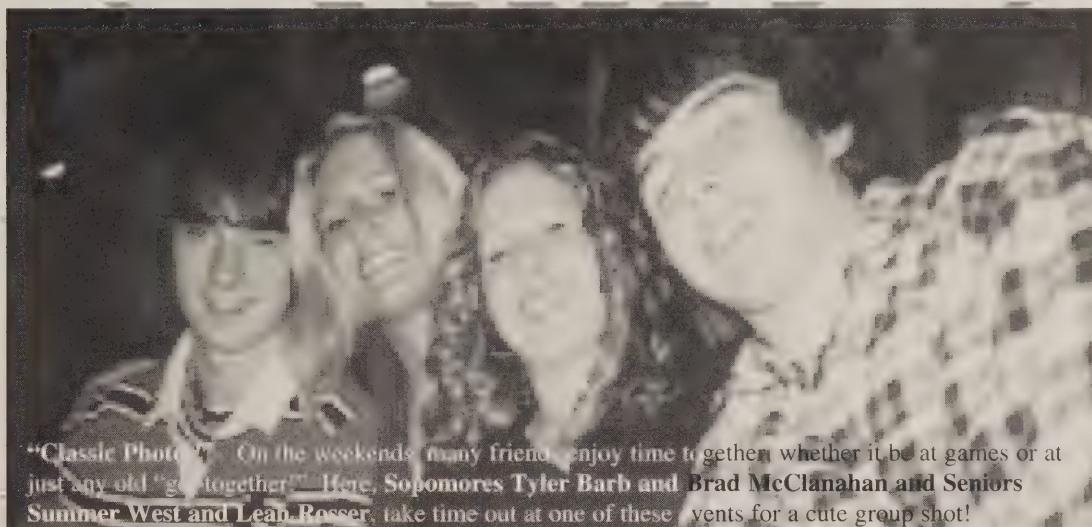
Together... Students who have a busy week want to be home on weekends so they may relax. Hall games provide students with an opportunity for students to visit with family and friends.



WEEKENDS

10 DATES UNDER 10 DOLLARS

1. Early Movie
2. Putt-putt
3. Pic-nic
4. Fast Food
5. High school sports event
6. Rent a movie
7. Bowling
8. Hiking or Biking
9. Fishing
10. Skating



"Classic Photo" On the weekends many friends enjoy time together whether it be at games or at just any old "get together." Here, Sopomores Tyler Barb and Brad McClanahan and Seniors Summer West and Lean Rosser, take time out at one of these events for a cute group shot!



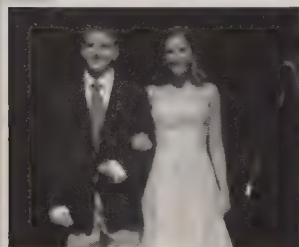
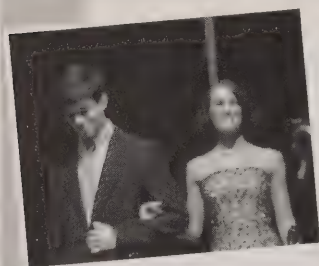
"Roll out!"- Riding with the top down, Senior Haley Meade and Junior Brittany Sourbeer enjoy a sunny Saturday afternoon. These two ladies enjoy the benefits of having a car on the weekends.



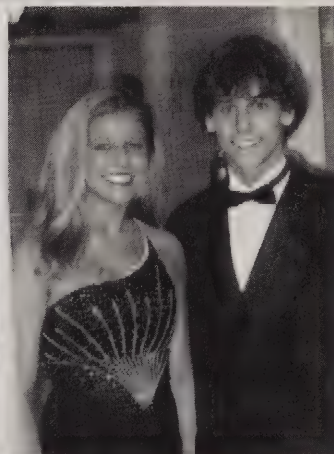
"Hey Girls!"- On a well awaited weekend ski trip, Senior Keri Lynn Joris and Sophomore Ashton Waldron take time away from the slopes to take a quick picture. The weekends are the perfect time to just get away and not be so serious all the time!



Pageantry



Spring Festival's theme this year was "Through the Woods" and it certainly felt enchanted. Not only did the wonderful backdrop and talented acts make the audience feel as if they were in a magical place, but this year's Spring Festival candidates for Mr. and Ms. Virginia High dazzled in handsome suits and sparkling gowns. This year's king and queen, seniors **Todd Cross** and **Haley Meade** made a big impression on judges and audience members alike.



"Ebony and Ivory" - Making quite the handsome couple, seniors **Johnathan Hall** and **Jessica Lewis** take center stage. Walking for VICA, the couple did the organization proud.

"Hello Darlin'" - They sure don't look nervous, but sophomores **Whitney Rosenbaum** and **Brandon Pruett**, as well as the other contestants had to be nervous. This couple, however had nothing to worry about since they both placed 3rd in the competition.

"You've got a friend" - Even though she was also a host, senior **Liz Browning** made another, more formal costume change to walk with senior **Clayton Hinson**. The couple walked for Girl's Tennis and did well in the competition.



"Up Where We Belong" - Sparkling gowns and smiles were all around as the members of this year's Spring Festival Court was announced, some of the Top Ten are featured at far left.

"How Sweet It Is" - Last year's Ms. Virginia High School, junior **Leslie Sullins**, crowns this year's new Queen, senior **Haley Meade**. Also giving up his former title of Mr. Virginia High School was senior **Tyler Belcher** to the new King senior **Todd Cross**.

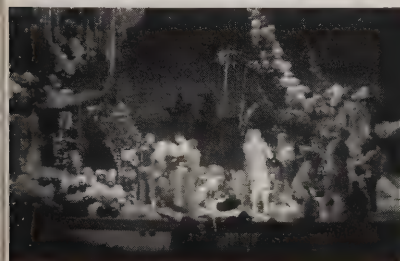


"At This Moment" - New and old Royalty all smile for the camera (far left). Junior **Leslie Sullins** and senior **Tyler Belcher** were last year's winners and seniors **Haley Meade** and **Todd Cross** won this year.

"Can't Let Her Go" - Featured at the left are this year's King and Queen and some of the top girls. Getting ready for Spring Festival is especially stressful for the girls, since they have to worry about makeup and hair.

A Look...

Sure, the acts and the candidates for king and queen made the 2003 Spring Festival an important night, but where would the magic have been without the amazing set and preparation of Mrs. Palmer and her backstage crew? Mrs. Palmer, the backstage crew, and the hosts worked around the clock to prepare the amazing show this year. The theme was "Through the Woods", and the set was a challenge, but with a lot of teamwork and vision, Mrs. Palmer and her crew got it done.



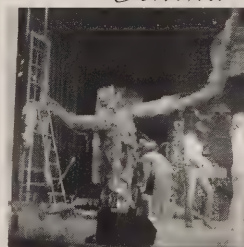
How the magic was made -

Balloons, chicken wire, streamers! Not exactly the making of a Hollywood production, but the Spring Festival's props and backdrops were a true feast for the eyes. This was one of the most elaborate Spring Festivals yet!

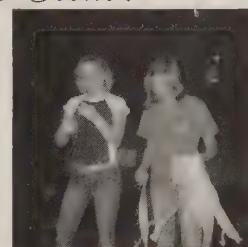


Balloons for leaves? - Balloons were a colorful and creative way to bring the trees to life. However, blowing all those balloons up was no easy task, but seniors **Alex Littleton** and **Tad Giles** and junior **Lauren Hughes** are working hard to get the job done.

Behind The Scenes

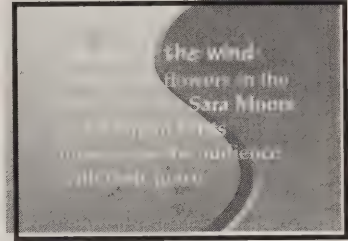
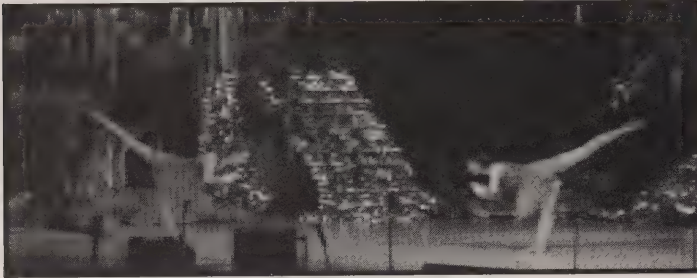


A work in progress - Just one of the towering trees that had to be assembled before it's completion (top left). Known as the resident artist in the backstage crew, junior **Devon Williams** figures out a creative way to give the trees color. (above.)

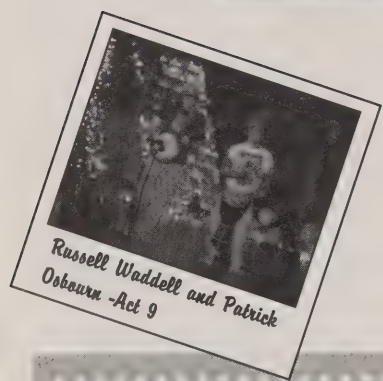
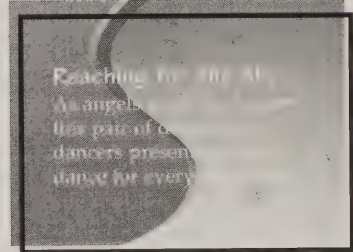


A "hand's on" approach - The director herself, Mrs. Kristin Palmer works hard on streamers with sophomore **Molly Salyer** (top right). A main part of the show's popularity was because of it's hilarious hosts, seniors **Alex Littleton** and **Liz Browning** and junior **Andrew Carico** (above.)

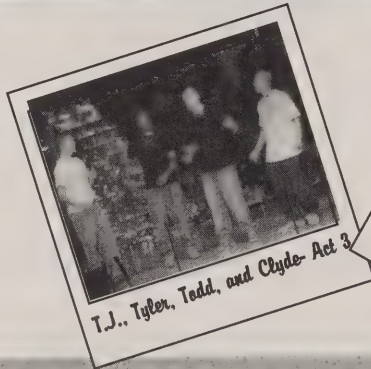
Spring Festival



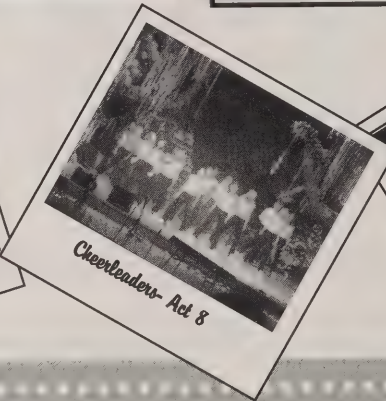
Spring Festival 2003



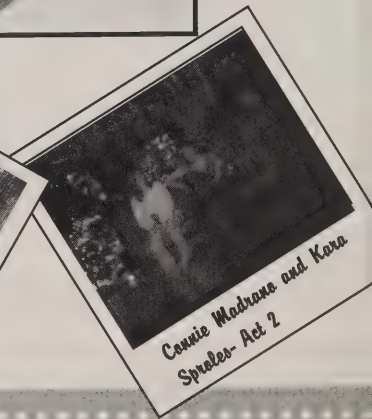
Russell Waddell and Patrick Oskorn - Act 9



T.J., Tyler, Todd, and Clyde- Act 3



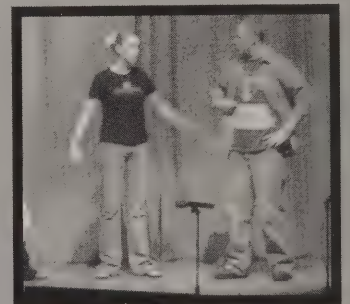
Cheerleaders- Act 8



Connie Madrox and Kora Spokes- Act 2



Andrew, Alex, Andrea and Tad sing Mr. Sandman



Dana Hill sings and plays a beautiful solo.



Liz and Andrew show the audience what real humor is.

What's Your Hidden Talent?

Brandon
Pruett-
The pretzel

Melanie
Leonard-
Touch her
tongue to
her nose

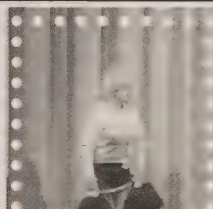
Ryan
Chapman-
Take his
finger off

TALENTED TRIO

You really got me now-
With guitars in hand, Juniors Jill Stewart, Dana Hill, and Amy Duncan are playing their duo of songs just like the pros. Students must practice extremely hard to make their songs sound top-notch.



Liz Browning



Andrew Carico



Alex Littleton

Being one of the Host for Spring Festival was quite an experience. Working with Andrew and Alex was fabulous. We shared a lot of laughs and worked with each other through the stressful times. Overall, I feel privileged to host with such fine people.

Being the MC for Spring Festival was a very fun experience. It is something I will never forget. I got to meet new people, and make memories that I will always remember. Plus I never knew dressing up like a cheerleader could be so much fun!

Being an MC made me feel more confident. It made me overcome my fear of being up on stage in front of an audience. It also made me be more creative because we had to write our own scripts and I made two new friends.

Sing it girls!

Showing what they're made of, Juniors Julie Ward, Jerry Goodpasture, and Morgan Sharp sing thier hearts out to "Send Me" by Aretha Franklin. Students find Spring Festival a great way to show off all their talents.



Vogue

"Moonlight In The Garden"

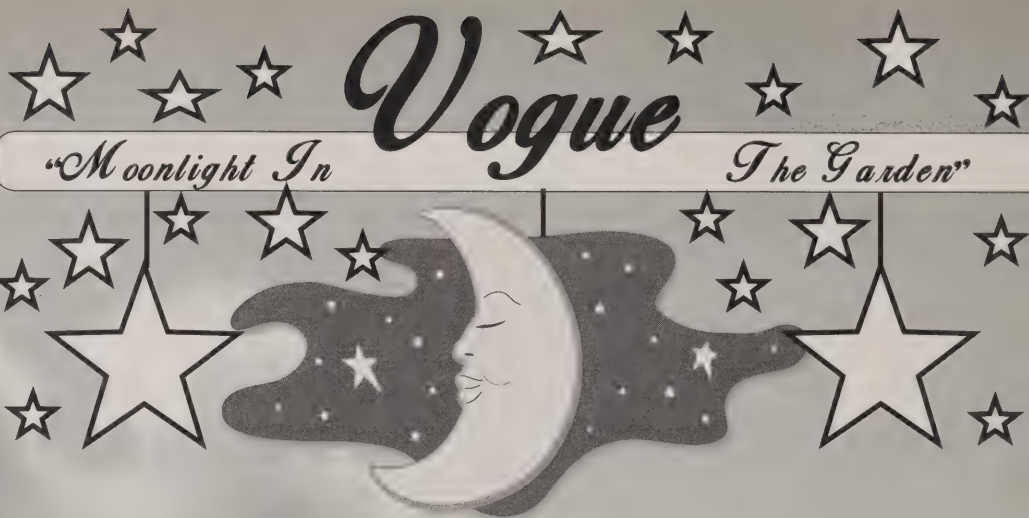
Quotes from
your fellow students
Light Your
Night At The
VHS Prom

Join The Fun

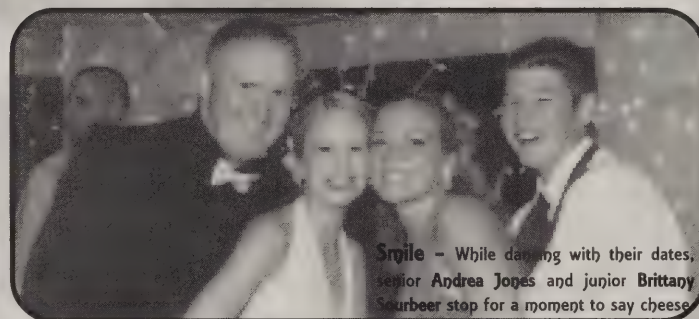
* After Prom Party
by SADD

Candid Camera

Unforgettable moments
caught on film



It's About That Time - It is down to those last few intense moments before prom and senior Sarah-Beth Janson helps juniors Lauren Hughes and Chelsea Wilson finish getting ready.



Sryle - While dancing with their dates, senior Andrea Jones and junior Brittany Sourbeer stop for a moment to say cheese

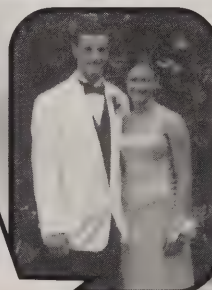


And They're Off - Posing one last time for the camera, senior Nick Curcio and sophomore Ellen Tidwell smile before heading off to the prom.

CHRIS PARKS & MORGAN SHARP

"This year has been my most memorable yet. This is true for prom also for being on prom committee and going with Lou. Also for having fun with my best friends. I will always have wonderful memories from this experience."

-Morgan Sharp



KEVIN FIELDER & GWEN MASSIE

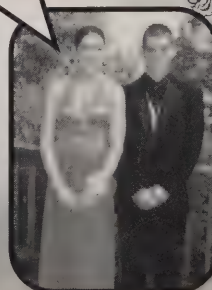
"I enjoyed prom this year a lot more than last year's, because I went with a group of my best friends. Going out to eat and getting dressed up is a fun experience for everyone. This prom is one i will never forget."

- Gwen Massie

MICHAEL BOOHER & LAUREN HUGHES

"This year's prom was an exciting experience for me. I enjoyed being Michael's date and I enjoyed the people that we spent the evening with. I had a great time and I will remember my first prom always."

-Lauren Hughes

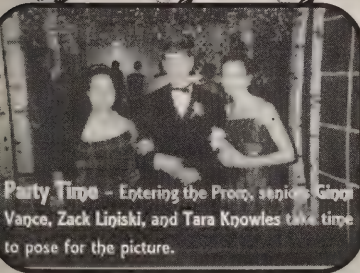


D.J. KEITHAN & NATALIE WILSON

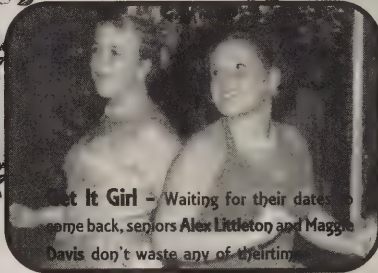
"This year's prom was very fun. It was fun getting dressed up and getting to see all of my friends. The gym was decorated very pretty, which made it even more exciting. Prom is something everyone should experience."

-Natalie Wilson

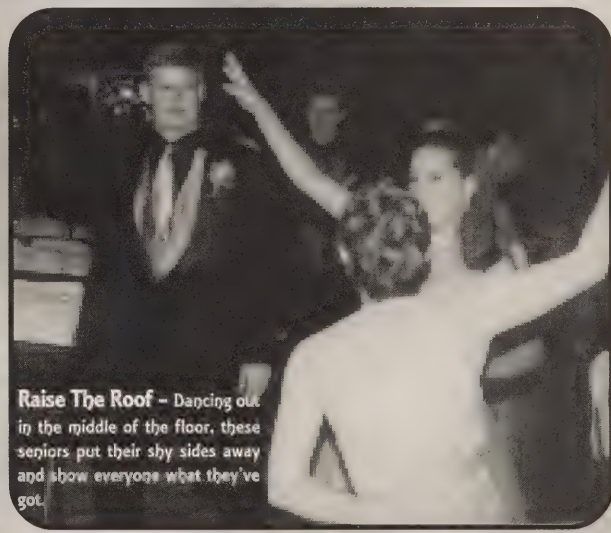
Memories Last Forever....



Party Time - Entering the Prom, seniors **Giorgio Vance, Zack Lipiski, and Tara Knowles** take time to pose for the picture.



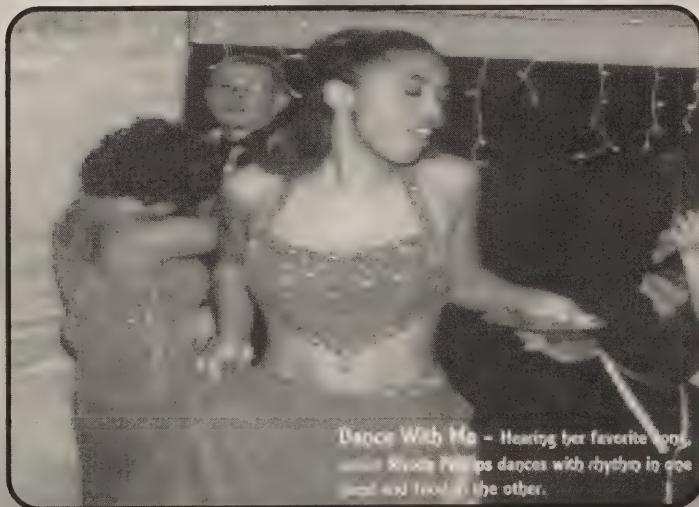
Get It Girl - Waiting for their dates to come back, seniors **Alex Littleton and Maggie Davis** don't waste any of their time.



Raise The Roof - Dancing out in the middle of the floor, these seniors put their shy sides away and show everyone what they've got.



Leap Of Faith - Dancing the night away, junior **Chelsea Wilson** and her date make a unique pose to show the fun they are having. Special moments are always caught on film.



Dance With Me - Hearing her favorite song, senior **Kevin Phelps** dances with rhythm in one foot and food in the other.



Ready To Go - Before going to meet their friends, juniors **T.J. Slagle and Anna Stringer** take a few minutes from their busy evening to capture unforgettable moments they will always remember.



No dress code tonight- Prom night was an awesome night for everyone. Ms. Danko and Mrs. Carroll enjoyed the food and fun at the prom.



1-2-3 Cheese- Prom night is one filled with lots of pictures. Junior Danielle Leonard and freshman Heather Fleenor take time out of the prom festivities to smile for the camera.

It's a BIIIG picture- Almost always before prom friends get together to teke pictures to take pictures outside. This is also true for juniors Russell Waddell and Julie Ward, senior Brett Davis and junior Jerry Goodpasture, senior Paul Pomrenke and junior Devin Williams and senior Whitney Waddell.



"Moonlight in the Garden" was the theme for the 2003 Virginia High School prom. On May 9th from 8pm until midnight the new gym was transformed into a magical garden full of memories. Flowers, stars, dresses, and tuxes- who could forget that? That night will be one to remember.

Slowdance time- A big part of prom is getting to slow dance with your date. Here senior **Brandon McCracken** dances the night away with his lovely date.



Back again- Sometimes people who have already graduated from Virginia High get asked back here to come to prom. An example of this is senior **Clayton Hinson** asked his girlfriend, a college freshman, Britni Penley who graduated last year.



Two in love- Prom was enjoyed by many people. Junior **Max Lawson** and sophomore **Gina Hauser** are no different. "Prom was great; we had a blast," said Gina.



Unforgettable Memories

Snuggle bunnies- While dancing cheek to cheek junior **Amy Miller** and her date **Tony Dickson** stop and pose for a picture during the prom.



Tony and Amy

"Prom was a fun experience. Sharing this occasion with my friends was wonderful. The made my senior prom and night that I will never forget."

Christian King



Baile conmigo- Prom is a fun experience for everyone, but to some people prom is an even more memorable occasion. For these two foreign exchange students seniors **Phillip Krugel** and **Paulina Herrera** have one more memorable experience of America before they go back to their native countries.

"Prom was an experience that I will never forget. I really enjoyed going with my girlfriend Katie."

-Cullen O'Hara



SMILE- While dancing together at prom senior **Chad Harris** and sophomore **Jenny Montgomery** stop and take some time for a picture together.



Chad and Jenny

FASHION SENSE

FASHION SENSE

Who is your
favorite
designer?

Top Ten Fall
Fashions

EXPRESS
YOURSELF

The definition of Fashion: 1) The prevailing style or custom, as in dress or behavior. 2) The dress of the social elite, a becoming style. 3) A physical mode or manner.

The Virginia High definition of Fashion: THE WAY YOU EXPRESS YOURSELF. Style and fashion defines a society, each era has a unique way of expressing their individuality through dress, attitude and elegance. At Virginia High, the students declare their creativity by capturing their distinct character.



Abercrombie

Aeropostale



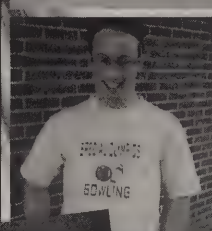
B
Big-buckle
Belts



Billabong



Birkenstocks

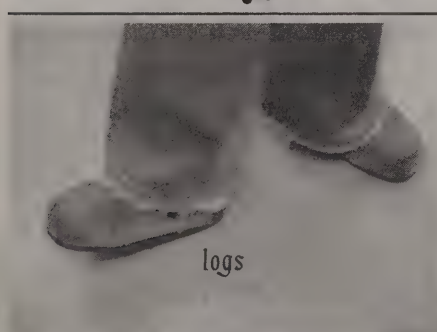


Bowling

American Eagle



And Fitch



logs



Cherries



Dogtags



Camouflage



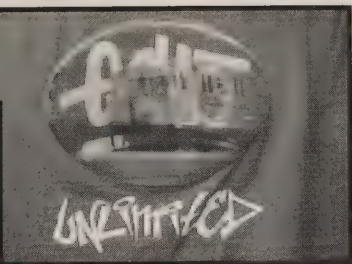
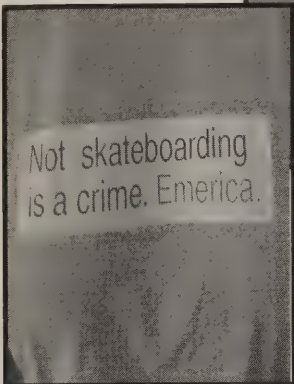
Crowns



Denim

Dancing Guitars

E

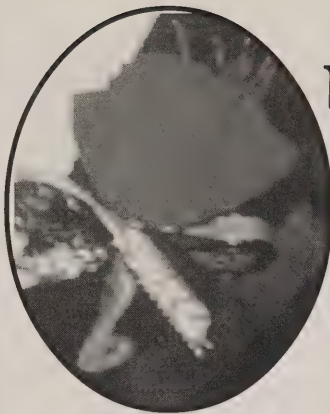


Eko



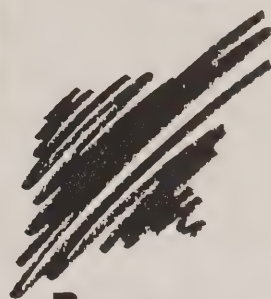
Elvis

Eyeshadow

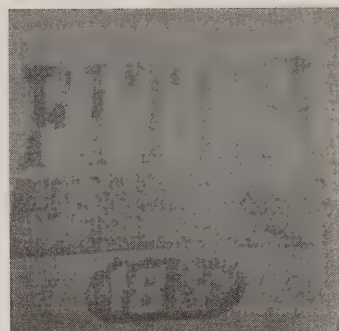


Flowers

F



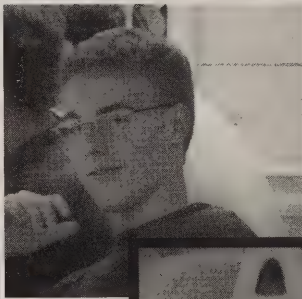
Fitch



Fossil



Goggles

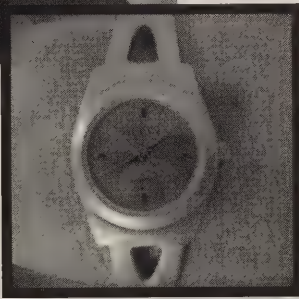


Glasses

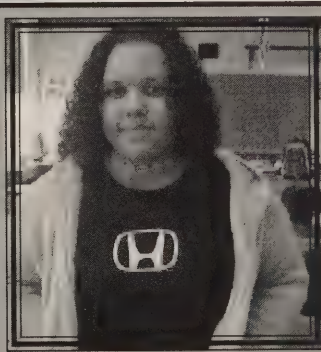
G



Gucci



Frogs



His is Hayley's handbag

handbag

Hayley

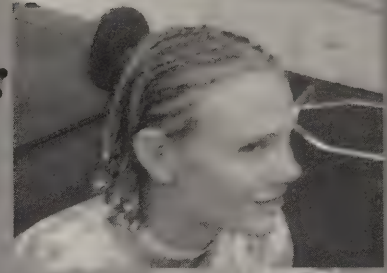
and Duke is at Harvard



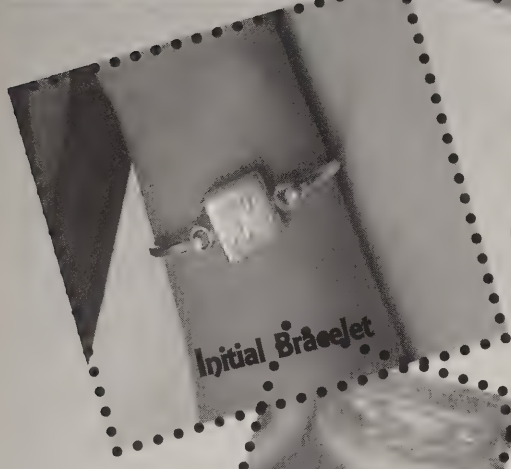
Impearled



ICE

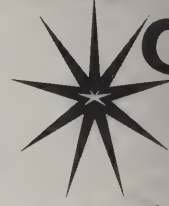


Jamaican Rows



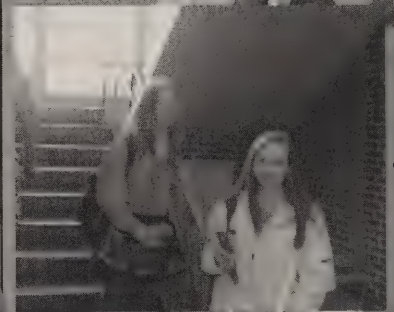
Initial Bracelet

I



J

Tersies



Jackets



Iridescent



Isotoner Gloves

and
MORE
Tersies

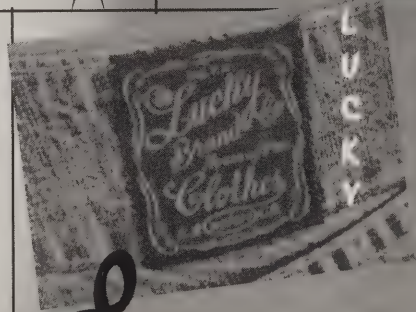


Karat



Khaki

k



LUCKY

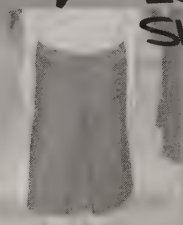


Leather

L

Long
Skirt

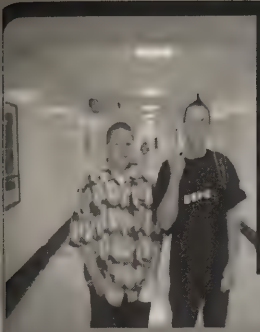
Leopard



FASHION
IN
2003



KING



Mini Skirts
ohawk

Molly's Mango
ood Ring

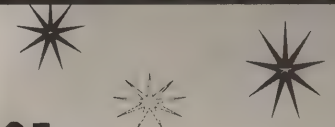


Nautica

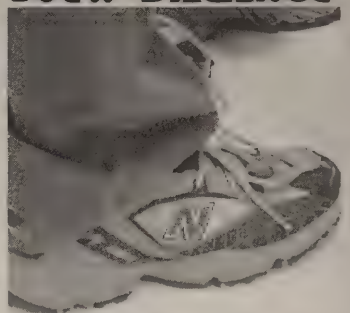
nike



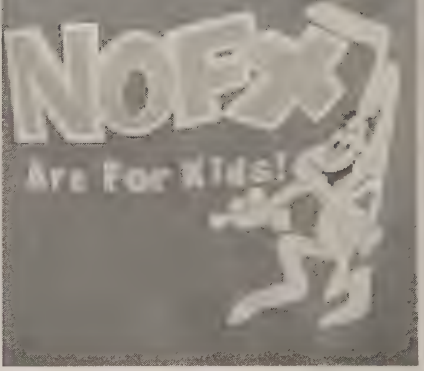
Express
Yourself



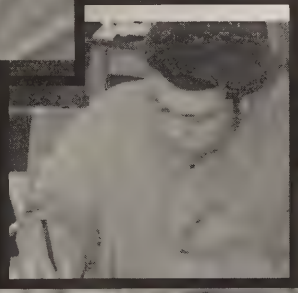
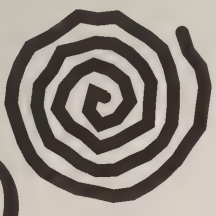
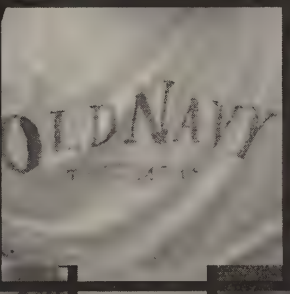
NEW BALANCE



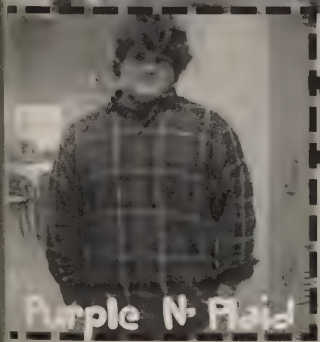
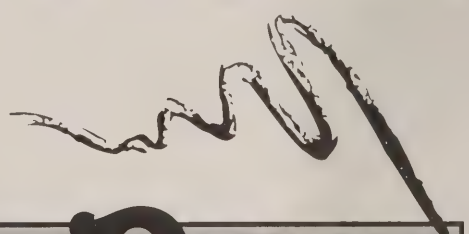
Nofx tee



Old Navy
Outer Wear



O
X
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R
D



Purple N-Flaid



PULL
OVER





Quiksilver

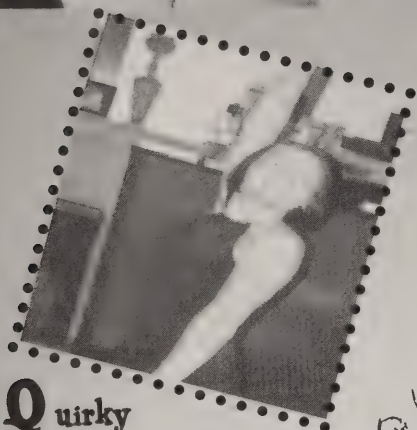


Q-I



Rancid

Ring



Quirky

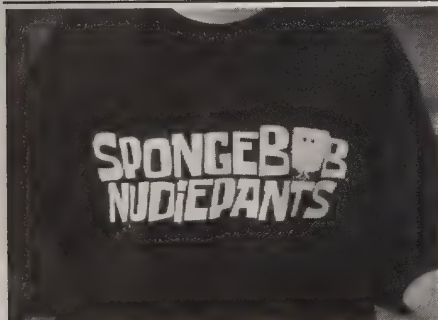
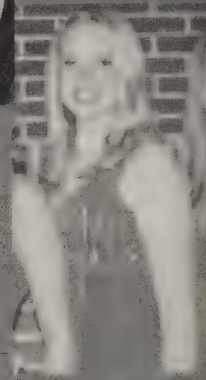


Queen



RED
Lipstick

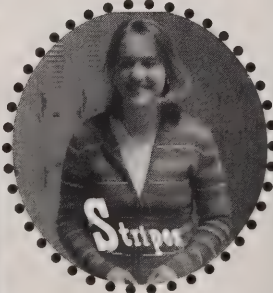
R
E
DRESS



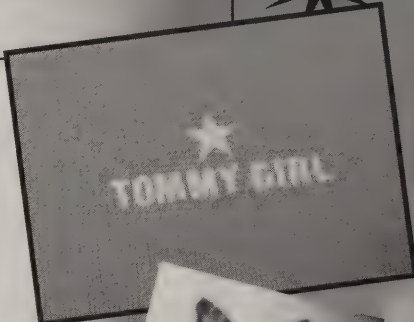
Spongebob



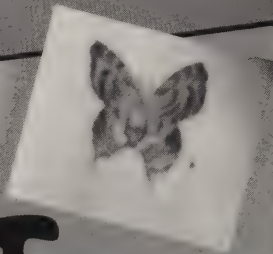
Shells



Stripes



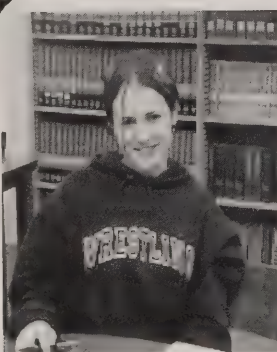
Turquoise



Tattoo



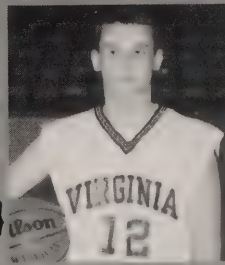
Tye Dye



Sweatshirts

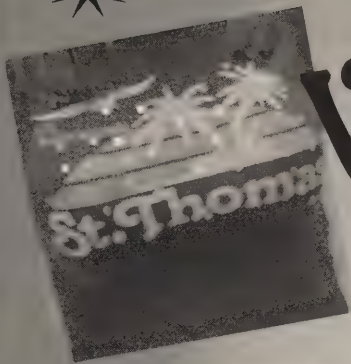


Uniforms





Vest



Virgin Islands

Woodstock



Vertical Stripes

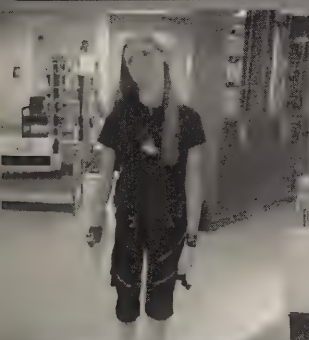


Vera Bradley



Western wear

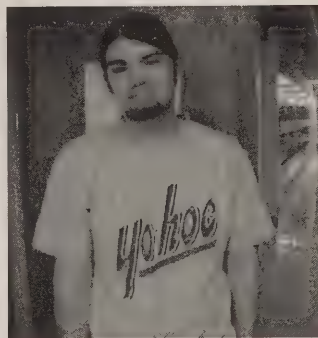
Wigs



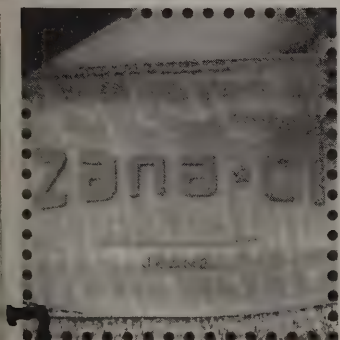
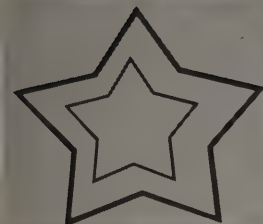
Xpress yourself



yo-hoe



Justin's shirt



Z is for Zana-Di...



Zepph



ZERO...



...AND ZACK MORRIS!

Who is your role model?

Sports Profile - Jerry Goodpasture



"Yeah, I've hit my head, I've broken my arm, I've broke my brain, I've smacked my teeth. But you know what? It doesn't really matter, 'cause I love it. And I'm ready to do it all over again. But much more, you got to to love it, otherwise you're gonna hate it."

Geoff Rowley "Thrasher Magazine's Skater of the Year"

Jerry Goodpasture -
Cross Country

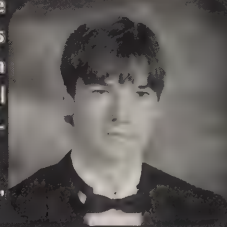


Who is your role model?

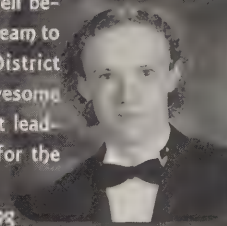
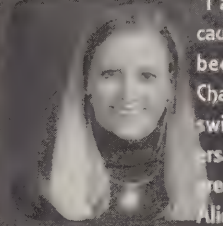
"SarahBeth Janson because she's a good team leader, responsible. She works hard and is a good friend."
Morgan Smith, Girl's Basketball



"Brett Davis is the cross country teams role model. He is a great runner. We all look up to him literally."
Margaret Puglisi, Cross Country



"I admire Chris McConnell because he led our swim team to become Highlands District Champions. He is an awesome swimmer and has great leadership skills. Thanks for the great season."
Alicia Arnold, Swimming



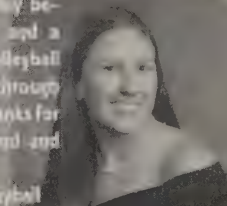
Brodoo Hall is my sports hero. He is the greatest player in the WOORLDD!! He is awesome and sooo cool!! One day I hope that I will be as great of a player as he is. :-)
Brett Sharp, Golf



"Hunter Lape inspires me because he was a great lineman on the team. I hope to have as much strength and power when I am a senior."
Jimmy Myers, Football



"I look up to Emily Tully because she is a leader and a friend. She is a great volleyball player, and led our team through a hard season. Emily, thanks for being such a good friend and role model."
Tiffany Wainwright, Volleyball



Sports Illustrated



In The Redzone

Learn how to throw a football over 50 yards

Special Edition

Interviews with your 2 favorite coaches

101 Ways To Show Your School Spirit

QUIZ: Can You Score A Touchdown?

*Winning Streak for the VHS Bearcats!

SHHH! Go inside the VHS football locker room

Can You Score A Touchdown?

10	20	30	40	50	40	30	20	10	
Start	What NFL team was the only team to go undefeated for an entire season?	What city hosted the first Monday night game on ABC?	What player was the first person to rush for 100 yards in 14 consecutive games?	What college has the most players in the Pro Football Hall of Fame?	Which team is known for having the most consecutive division titles?	Who holds the record for the most points in an NFL game?	With what team did Jim Marshall start his NFL career?	Who broke the leg of Joe Theismann, in 1985, ending his career?	Which pro football team was the first team ever to go on entire game without scoring a touchdown?
10	20	30	40	50	40	30	20	10	

Kevin Worley

Senior



Height - 6'1" Weight - 180 lbs.

#4



"I think it's been a great season for all of us, because we've all worked hard and improved greatly."

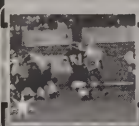
Trent McVey

Junior



Height - 6' Weight - 225 lbs.

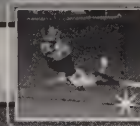
#51



"This year we have really improved and been able to work as a team."

Tyrone Mitchell

Sophomore



Height - 5'6" Weight - 140 lbs.

#29



"We could have done better, but we had a lot of support and got very far."

Adam Sullins

Freshman



Height - 5'8" Weight - 132 lbs.

#10



"We worked everyday and got better each game we played."

Football



John Battle

Patrick Henry

Lee

Tennessee High

Abingdon

Grundy

Coeburn

Richlands

Marion*

Tazewell

US TEAM

27

7

21

15

20

7

7

31

15

14

7

14

31

20

7

23

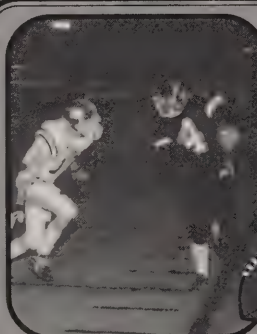
14

7

6

10

* District Game



Watch Your Step -
Going for the touchdown, senior Kevin Worley tries to keep his balance as he is tackled out of bounds.

Get Him 6 - Running for the tackle, junior T.J. Slagle runs in front of the opponent in order to help stop him in his tracks.



Quench Your Thirst -
Taking a break from an exhausting game, senior Hunter Lane gulps down a bottle of water.

In The Redzone

VHS BEARCATS



The 2002 football season has been one to remember! The coaches and the players themselves have endured long hours and hard, strenuous routines to secure their place in Bearcat history. This year the dedicated, hard working team brought the District Championship back home to Virginia High School again after thirty seven years. The coaches pushed the team to their limit, leading them to victory. The success of the team brought a renewed sense of school spirit and pride to the entire school population and community. Perhaps in the years to come, the endeavors of these young men and their support staff will enable others to succeed to their fullest potential.



DISTRICT

CHAMPS



Coach Adams



"This year's football team improved tremendously from last year's team. I believe the reason for that was the leadership from our seniors, hard work, and a great improvement in attitude. I'm very proud of this year's team and I hope our efforts will spill over into years to come."

Coach Jones



"I was very pleased this year and thought we improved 100% since the previous season with a lot of senior leadership. I think our team had great work ethics that got them this far."

Hold 'em Cats, Hold 'em - Trying to maintain the lead over Coeburn, the Bearcats make an amazing tackle preventing Coeburn from a touchdown. This helped the Bearcats to win the game 31 to 20.

**HOW DO YOU
STAY FIT?**

**PREPARING
TO RUN A
RACE**

**TOP 10 RACES
IN THE US**

THE TOP RUNNERS IN AMERICA

**HOW TO STRETCH
BEFORE YOU RUN**

**MOST POPULAR
RUNNING SHOES**

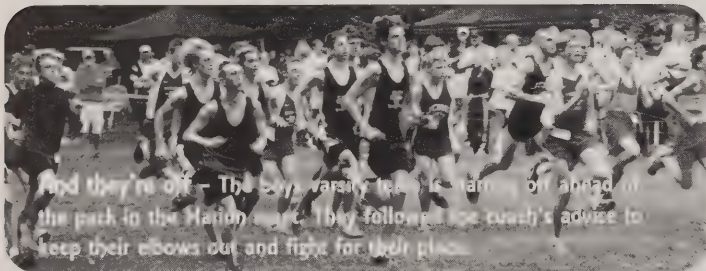
**QUIZ: DO
YOU KNOW
YOUR
RUNNING
TERMS**



RUNNERS WORLD

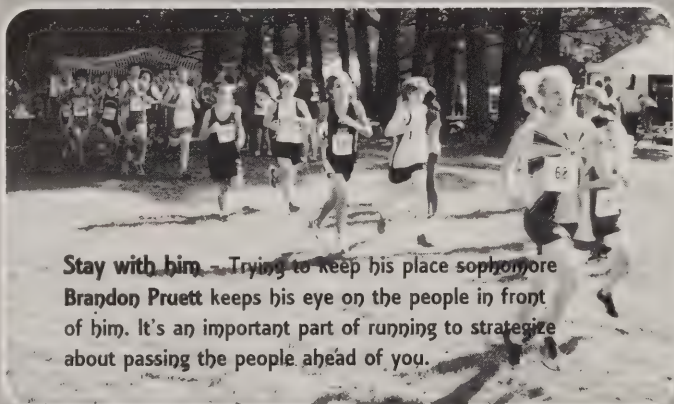


Brandon Pruett, Chris McConnell, Brett Davis, Dominic Nicastro
Margret Puglisi, Amy Derr, Jerry Goodpasture, Taylor Bracher

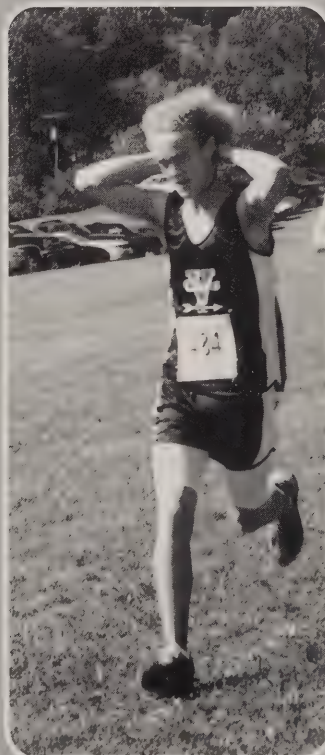


And they're off - The boys varsity team is running off ahead in the pack in the Marion race. They follow Coach Busch's advice to keep their elbows out and fight for their place.

SKILLS NEEDED TO KEEP RUNNERS ON THEIR TOES



Stay with him - Trying to keep his place sophomore Brandon Pruett keeps his eye on the people in front of him. It's an important part of running to strategize about passing the people ahead of you.



Warming up - Going for a pre-race run junior Dominic Nicastro gets ready to run a 5 K at Steels Creek Park. Stretching and warming up are needed to keep runners in top shape.



Balance is key - Learning to keep your balance is a necessary skill when running. In Marion, freshman Margret Puglisi shows that she has mastered this skill by running through rocky creeks with out falling.

Cramps - The best way to get rid of a cramp is to put you hands behind your head and take a deep breath. When running Chris McConnell knows he cannot afford to stop in a race so he toughs out the intense pain.



Concentration - It's imoprataint in race to watch out for obstacles in front of you, wheather it be a person, a cree or a big hill. Jerry Goodpasture and Brandon Pruett concentrate on the path ahead of them.

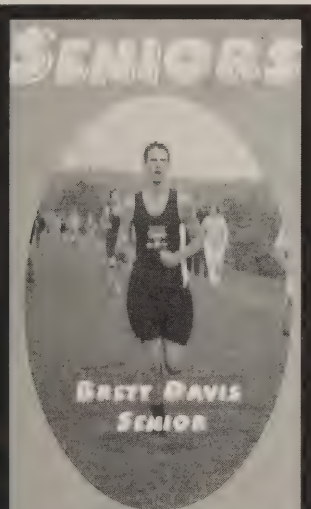


A Before the race - The guys take the time to pose for a picture while resting before the race.

B Cheers - Posing for a quick refreshment junior Dominic Nicastro visits with his teammates. Competitive sports often times teaches

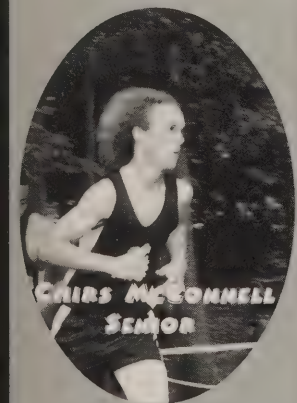
C Gettin' Muddy - Splashing into the creek after running down a large hill junior Amy Derr gets into a mudd hole.

D Down hill from here - Trying not to fall sophomore Brandon Pruett glides down the back of the dam at Sugar Hollow Park.



**BRETT DAVIS
SENIOR**

"I would just like to thank Coach Reed for such a long and productive season"



**CHIRS MCCONNELL
SENIOR**

"We have always run but often ask ourselves why we do it"



QUIZ

1. HOW MANY PAIRS OF RUNNING SHOES DID YOU BUY LAST YEAR?

A.1 B.2-4 C.5+ D.???

2. WHICH OF THE FOLLOWING DESCRIBES YOUR TRAINING?

A.TRAIN DON'T STRAIN

B.TRAIN AND STRAIN

C.PAIN = GAIN

D.RAIN = NO TRAIN

3. IF MY DR. TELLS ME TO STOP TRAINING I...

A.STOP TRAINING

B.BECOME DEPRESSED

C.FIND A NEW DR.

D.GO FOR A LONG RUN

4. WHEN SOMEONE MENTIONS INTERVALS I...

A.SCRATCH MY HEAD

B.GRAB MY HAMSTRING

C.WHIMPER

D.JUMP TO THEM

5. IF YOU KNEW OF A DRUG THAT WOULD IMPROVE YOUR TIME BY 10 PERCENT, BUT WOULD CAUSE DEATH IN 2 YEARS, YOU WOULD....

A.AVOID IT

B.TAKE IT AND SUFFER THE OUTCOME

C.TAKE 1/2 A DOSE AND PRAY FOR A CURE IN 4 YEARS

D.GIVE IT TO YOUR COMPETITORS AND PLAN FOR THE FUTURE.

6. WHEN THE GOING GETS TOUGH, THE TOUGH GET...

A.GOING

B.SHIN SPLINTS

C.PAINKILLERS D. NEW SHOES

QUICK TIPS: HOW TO HIT A HOLE IN ONE

www.golfdigest.com

Get the scoop— find out how the team did this past year.

How much do you really know about golf?— Golf trivia quiz on page 39

Seniors tell all— Get all the dirt about playing golf during high school!



Lookin' around— The walk from the clubhouse to the first tee is one of excitement. Making his way to his first shot, freshman Junior Reed smiles with anticipation.

FORE— The first shot is always hard. Posing high for an effective shot, senior Brandon Hall selects his driver for a possible hole in one.



Golf Stats

Farmer's and Miner's - 8th

Graham Golf Invitational - 8th

Powell Valley - 161 VHS-167

Big Six Golf Tournament - 4th

*Glenrochie - 1st

Sullivan Central- 159 North-192
VHS- 156

*Clear Creek- 2nd

*Holston Hills- 4th

Powell Valley- 151 Lee- 167
VHS- 163

*Holston Hills- 2nd
*-Highlands District Match



Where did it go?—Watching where the ball goes is very important in golf. Studying his shot Junior Tyler Clark questions his next move.



Tee time—Before a match discussing strategies is often common. Pondering on the match ahead, Seniors Brandon Hall and Paul Pomrenke debate on their strategies.

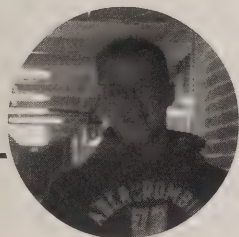


Just standing around—Before the match the golf team poises and watches the other golfers warm up.



TEE TIME

Leaders on the team...



BRANDON HALL

"Golf was especially fun this year. I had a blast. We did well and I was happy to be a part of the team. I have many memories about golf, some of which I can't say, but they're all good. All and all golf was awesome, and I won't forget it."



PAUL POMRENKE

"The sport of golf is absolutely delightful. Golf is my favorite sport! My senior year was filled with many interesting and exciting memories. I now plan to play golf quite often and have fun doing so."



BRAD JONES

"There are two great things about playing golf one of which is seeing how much fun you can have. The other is being able to play this sport until you are real old."

Golf Trivia Quiz

1. What is three strokes under par?
2. What is the old name for a wooden club?
3. The player, or team, playing first from the tee, has this?
4. A player with a handicap of zero: a 'par' golfer is?
5. In the game of golf what is a birdie?
6. While playing golf what does 'par' mean?
7. What is a bunker?
8. What is the green?
9. In the game of golf, what is an iron?
10. In the game of golf, where is the 19th hole?



The Golf Team (from left to right): Coach Terry Caldwell, Justin Reed, Johnathan Harris, Tyler Clark, Zac Poulton, Will Soublo, Paul Pomrenke, Brandon Hall, Brad Jones, Nick Wisman, Daniel Triplett, and Bret Sharp



It's gonna go a little to the left- Many golfers are thought of as perfectionists. While lining up his next shot, senior **Brandon Hall** proves this to be true by making his aim perfect.

The 2002 golf season was filled with many highlights. The team's district record ended the season with five wins and three losses, and the team's season record was seven wins and eight losses. The team ended up second in the Highlands District. Tyler Clark and Daniel Triplett were the only two players to be selected as a part of the all district team. Freshman Daniel Triplett was the only player from the team to be selected as a member of the Region Four team. Tyler Clark, Daniel Triplett, Brandon Hall, and Brad Jones all qualified to play in the region four tournament. Coach Caldwell stated, "The win against Abingdon was one of the best team performances I have seen in my coaching career." The team had a wonderful season even though they did not meet their team goal of winning the district. The school cannot wait to see the team perform even better in the upcoming seasons.

SLAM

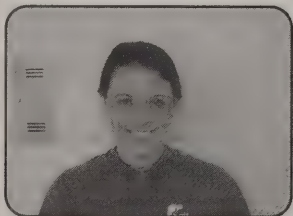
Behind the scenes:
Exposé with Coach
Barry Reed

Got Questions?
Find out who was
the top scorer for
the bearcats this
year

**Exclusive inter-
views with some of
the Bearcat players**



Sarah Janson
Most Points Overall



Courtney White
Most Foul Shots Made



Megan Balthis
Most Rebounds



SLAM

SENIORS



Even though we didn't have a winning season we all tried our best and had a blast. During practice we would always look forward to Coach Reed saying "See you tomorrow" but always dreaded the days that he would say "ON THE LINE!" By the end of the season we were glad it was over, but I know that some of us will miss it.
-Megan Balthis



Girls Basketball is an extreme challenge for everyone who plays. It takes a lot of hard work and determination. Practices are hard, but in the long run we improve our skills and become better team players. Basketball teaches me to have patience and to never give up when times get hard, and the team is down. It has been a great experience for me so far.



Girls Basketball

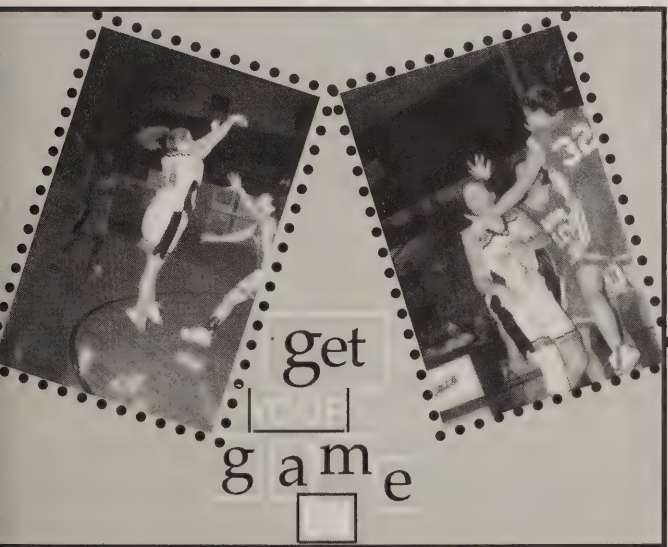


2002-2003 Girls Basketball Varsity Team



2002-2003 Girls Basketball Junior Varsity Team

	Us	Them
John Battle	54	28
Gate City	4	43
John Battle	47	40
Castlewood	70	59
Council	59	50
Tazewell	52	53
Richlands	50	51
Council	63	24
Abingdon	27	50
Lee	39	56
Gate City	45	40
Castlewood	55	52
Marion	39	63
Abingdon	25	49
Lee	29	63
Tazewell	47	48
Richlands	57	44

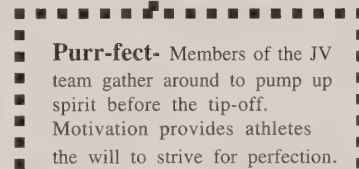


Barry Reed

Coach Barry Reed has a total of 18 years in education, 14 years teaching experience with 11 years in business and 3 years in math. He has been the girls basketball head coach for six years and led them to the state quarterfinals in 1999-2000. However, Coach Reed has not limited his coaching responsibilities to one sport. Coach Reed has also been the head softball coach for 5 years and held a head football coaching position for three years. Coach Reed has also been Virginia High's athletic director overall of 11 years.



Pep talk- As the bearcats huddle around, Coach Reed tells them what to do next. Strategy is a key component to a defensive counter attack.



Purr-fect- Members of the JV team gather around to pump up spirit before the tip-off. Motivation provides athletes the will to strive for perfection.



DEFENSE!- Senior Megan Balthis works hard not to let the hurricanes score. Being able to intimidate the opponent is crucial to an effective victory.



Volleyball

The story behind the Seniors

Who made all-district and all-region?

Meet 10 teams and find out what is in their future



After coming off of two losing seasons, the Virginia High volleyball team gave their competition something that they were not expecting. The girls of the 2002-2003 season were all extremely hard working athletes that had one thing in common...they all wanted to show their fans and their competition that they were ready to play some ball. After a grueling two weeks of conditioning the girls were ready to take on their first opponet, and rival, John Battle. Although the team's record does not show their talent and agressiveness, the girls ended their season with a huge win over the Tazewell Bulldogs. After their regular season games were over they played their number one rival, Abingdon. The Bearcats fought hard but lost to the number one seed in tournament play. I have a feeling that the best is yet to come. Shoot those Falcons out the sky...woo woo....woo woo!



Hot warmups- During warmup of the game against Lee, Freshmen Sasha Ball, Ashley Cannon, and JoAnna Morales ask Coach Butler for some advice on how to attack the opposing team. It is important for members of the junior varsity team to ask questions so that they know what they are doing at all times.

Off the court- Before each home game during the season, Seniors Emily Tolley, Brittany Pierce, and Gabby Guapo and Junior Rea'shelle Morrow, all members of Chorale, sang The National Anthem. It is nice for the players to show the fans their other talents as well as their ability to play volleyball.



A stretch in time

On senior night, the team's three seniors, Emily Tolley, Gabby Guapo, and Brittany Pierce, take time to get together for one last picture. The girls were given a charm bracelet and flowers for their dedication to the team. Many people attended senior night to cheer for the girls one last time on their home court. The night ended with a big win over Tazewell High School. There is no better way to finish your high school career than with a win.



Young and Relentless

While trying to ace the upcoming final, Freshman Tiffany Necessary tells us, "Being young and having the ball over the net. Staying is one of the most important skills in volleyball because you usually have control over with a dig. If you are unable to get your serve in the court then you will not be able to score or win."



High Hopes

Two of Virginia High's own were given district and regional honors voted on by the coaches throughout the state of Virginia. Emily Tolley was named to the first team all district team as well as all region honorable mention while Desha Scott was named to second team all district. To be given these honors an athlete must exhibit outstanding traits in the sport of volleyball as well as the utmost sportsmanship. Emily and Desha both play the middle blocker position for Virginia High.



Seniors

The story behind the captains and the backbones of the Virginia High Volleyball Team.



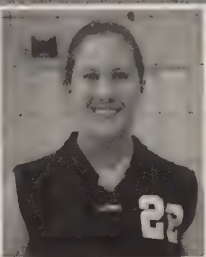
GABBY GUAPO

Gabby is a good all around player. She is one of the team's strong defensive players and a very controlled hitter. Gabby's attitude on the court affects the entire team and makes the difference in a win or a loss.



BRITTANY PIERCE

Brittany is an outstanding defensive specialist. She has started for varsity for two years and she is a very aggressive passer. Brittany always has a cheerful attitude and a smile on her face.



EMILY TOLLEY

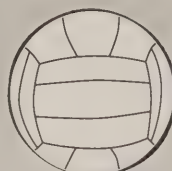
Emily is a strong leader on the court. She has started for varsity for four years and she is an aggressive middle that lead the team in statistics this year. Emily will be continuing her volleyball career at Lynchburg College.

The Teams



JV: Front row(left to right): Kim Milliff, Sasha Ball, Tiffany Necessary, Toni Sommerville
Back row(left to right): Assistant Coach Mike Butler, Ashley Cannon, Joanna Morales, Tonya Stallard, Adrian Scott, Amanda DeHart, Kayla Slage, Head Coach Dale Martin

Varsity: Front row(left to right): Danielle McReynolds, Rea'shelle Morrow, Amanda Milliff, Desha Scott
Back row(left to right): Gabby Guapo, Emily Tolley, Brittany Pierce



SPLASH

10 Steps to a perfect dive

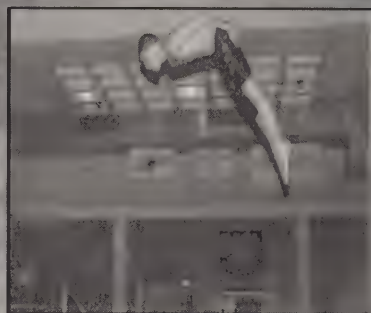
Ready, Set,
Go - Bearctas
Excel at
District



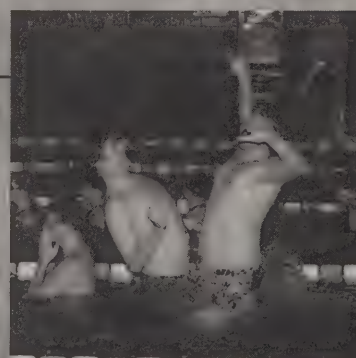
Freefall- With a sweeping arc, Senior **Chris McConnell** performs a back dive. Precision and elegance must be a part of the diver's effort.



Get on Your Mark- Diving from the starting block, junior **Jerry Goodpasture** gets a head start into the race. The start of a race is crucial because it could mean a defeat or a victory.



Flyin' around- Performing the butterfly stroke, Junior **Julie Ward** comes up for a moment to get some air while swimming one of the most difficult strokes.



Tummy Tuck- Proud of their accomplishments, juniors **Matt Fore** and **Russel Waddell** pump their chests. This type of motivation and enthusiasm is important for team morale.



Just make a clap- Warm ups before the bearcat swim meets always include a cheer to pump up the swimmers' spirits. Swimmers have found that this is a great way to get their adrenaline up.



Tough love- In an attempt to give advice, sophomore **Bridget Cummings** pulls freshman **Becky Dugger** aside. Teamwork is always important and is a key element to a team's success.



Trophy Band- Members of the swim team pose with their District Trophy. This year, the swim team has been consistent in their achievements and overcome challenges.

SPLASH

Swimming and Diving
at the bearcat pool



Breaking the surface- With concentration, junior Jerry Hayter performs a front dive for the crowds. Being able to break the surface cleanly is important for the overall judging. Without precision and grace, the splashing water will affect a diver's score.



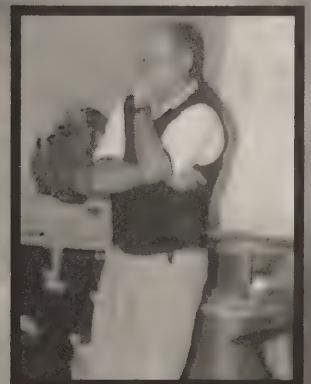
Air please- Coming up for a breath of air, junior Jerry Goodpasture swims a few laps of breast stroke. It takes practice to learn the correct rhythm.



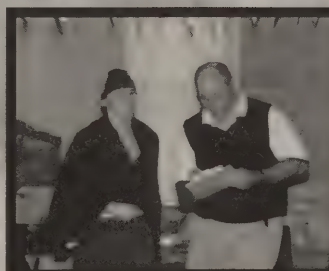
Four of a kind- These four seniors take a minute from their practice to relax near the diving board. Swimmers and divers



Soarin' high- Demonstrating strength and form, Senior Whitney Lawson performs a perfect front dive. It takes several years of hard work to master such a dive.



Hmm... Being the head coach of the swim team requires critical thinking and hard work.

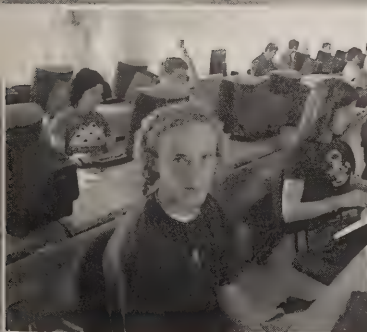


Take it from me- Coach Caldwell counsels sophomore Brandon Pruett at the V-T swim meet.



Divers (Left to right): Jerry Hayter, Chris McConnell, Coach Molly Boyle, Whitney Lawson, Tara Knowles, Devin Williams

The Seniors Say...



"We had a great time, and we did very well this year. Good luck to everybody next year."

Chris
McConnell

Diving and swimming, what can you say? It was entertaining and I couldn't of loved it as much if it wasn't for good ol' Mrs. Boyle. She was the one who made it worthwhile, and I enjoyed every...well almost every minute of it."

Whitney
Lawson



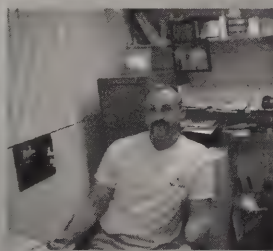
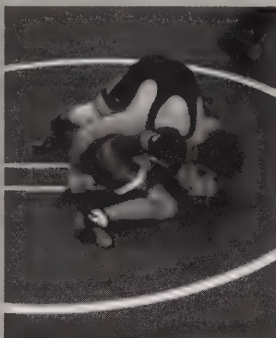
Quotes from
Professional
Wrestling's big
stars!

Which WWF
Wrestler are
you?

Great pics from
this year's best
matches!

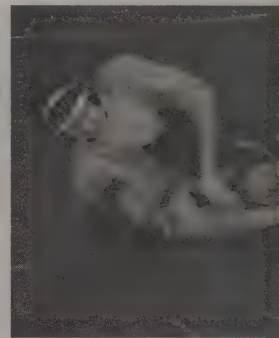
Meet your VHS
wrestlers!

WRESTLING

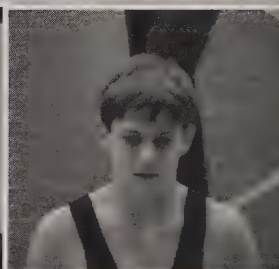
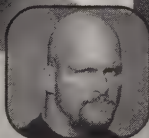
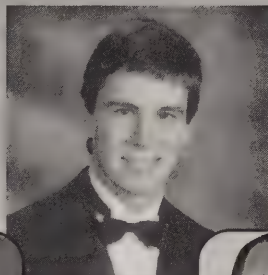


"This year began as a lamb and went out like a lion. The boys found hard, and proved themselves to be excellent competitors."

Coach Ed Cressel on past season.



WHO IS YOUR WRESTLING PERSONALITY?



"I am the game and I am that good!" - Wrestling an opponent to the ground looks easy for senior **Brendan O'Hara** (top left), however, the wrestling team spends many hours in the weight lab working towards the championship.

"Your pain is temporary, but the game is forever!" - All the hard work and training pays off as junior **Yi Chen** takes down the opposition from John Battle High School (bottom left). Even though this year's excellent seniors are graduating, Yi Chen's skill is a promising look toward's next years senior group.

"The game is not over, it is just beginning" - When a match is over, it is important for each wrestler to think about what he did right, wrong, and how to improve, which is exactly what sophomore **Dustin Roberts** is doing (top right).

"And now I am the end-all, be-all of wrestling" - Headgear in hand, junior **Tyrone Jackson** accepts his victory with pride. Winning is the ultimate payoff for such hard work.

R a m p a g e



"Nose to nose and toes to toes" - Even though Patrick Henry High School is tough competition, sophomore Joey Curcio has no trouble with his opponent. This is a desire move the many may see the "professional wrestler" do, but in real life, it is difficult.

"I'm laughing on the inside" -

The opponent may look like he has the upper hand, but you can tell that senior Brendan O'Hara is thinking of how the guy just monkey off his back. That headlock should be easy for a wrestler of Brendan's caliber to get out of.



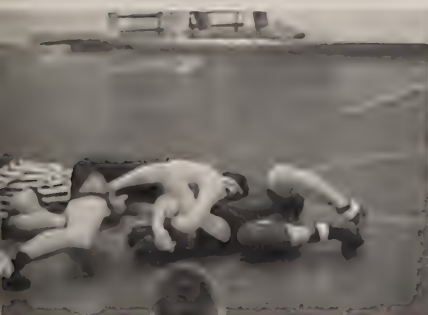
WRESTLING 2003 ROSTER

VARSITY

NAME	GRADE
Yi Chen	11
Greg Owen	9
Dustin Roberts	10
Josh Booher	11
David Addison	10
Brendan O'Hara	12
Greg Staple	12
Joey Curcio	10
Nick Curcio	12
Josh Leonard	10
Kaleb Milligan	10
Tyrons Jackson	11

JUNIOR VARSITY

NAME	GRADE
Jimmy Owens	9
Jason Krukewski	10
Andrew Canico	11
Jimmy Hall	10



"You could call that poetry in motion" - This match was sure to keep people on the edge of their seats. A wrestler from East is getting flattened by one of our prize wrestlers (top left).

"Hey! Look at me...I'm the BAD guy!" - Known as the nice guy around the school, senior Nick Curcio (bottom left) shows what a tough guy he really is. Wrestling is known as a rough sport, but it also takes a lot of skill.

"Sometimes a champion is a dreamer who refused to give up!" - Winning a match is nice, but receiving an award is the ultimate recognition. Sophomore Joey Curcio, brother senior Nick Curcio and junior Josh Booher smile for the camera after receiving an award for wrestling excellence.

"To be the man, you gotta beat the man!" - In the center picture, he is receiving an award, and in the top right, sophomore Josh Booher is showing why he deserves the award.

Full Court Press

10 foods to eat before you play basketball

* Quick easy things to do during a game when it becomes too INTENSE

* Interviews with Mike Jordan and Chémiqne Hold... a MUST read exclusive

* Plus Don't miss out on taking the Are You a Player? quiz

Full Court Press Boys Basketball

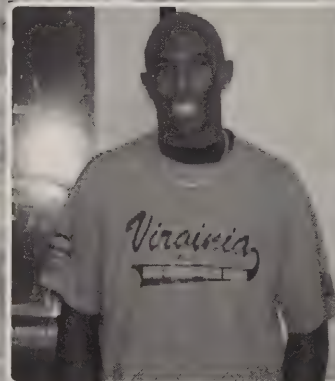


It's going, it's going, it's GOOD! Senior CJ Lee is shooting a free throw against Tennessee High. Free throws are an important part to basketball and a great part of CJ's game.

Athletic and cute too! Senior Todd Cross recieved the Most Improved award for the boys basketball team. Todd became a very important part of the team.

The boys basketball team had a record of 8-15. The beginning of the season went well for the Bearcats but they lost a couple key players and the Bearcats began to suffer. However, the Bearcats had some outstanding athletes like CJ Lee, Todd Cross and Daniel Brooks, all seniors, leading the team until the end. The basketball team is young and with a successful JV team the varisty is sure to improve next year, even with the loss of a great coach, Carlos Lee.

Team Picture



Senior CJ Lee was named Most Outstanding Athlete at Virginia High School's Athletic Banquet. CJ also excels at baseball.

B E A R C A T S	Chilhowie	44	35(W)
	John Battle	3	36(W)
	Chilhowie	47	49(L)
	Council		(W)
	Richlands	82	50(W)
	Tazewell	77	60(W)
	Abingdon	58	71(L)
	Lee	63	75(L)
	Richlands	65	59(W)
	Tenn High	33	60(L)
	Marion	57	61 (0)
	John Battle	60	39(W)
	Tazewell	55	60(L)
	Abingdon	37	68(L)
	Council	41	53(L)
	Lee	47	67 (0)
	Tenn High	43	59 (0)
	Marion	48	64(L)
	Honaker	52	70 (0)

Highlights from 2002-2003 VHS Boys Basketball

He shoots, he scores!- Senior CJ Lee takes a foul shot against THS. CJ was a very consistent free-throw shooter.

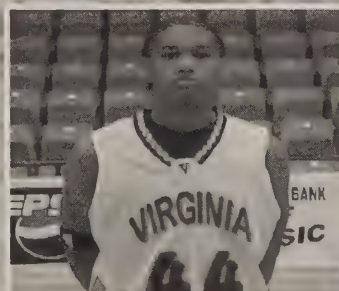
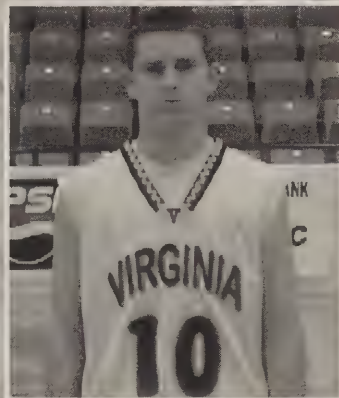
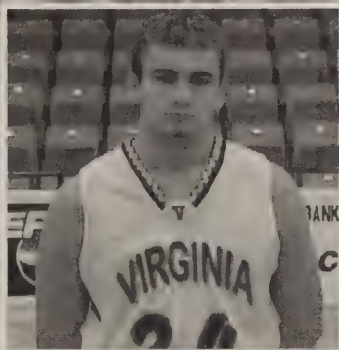
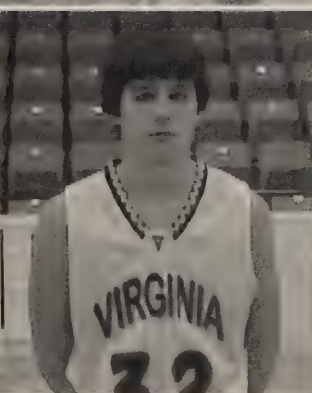
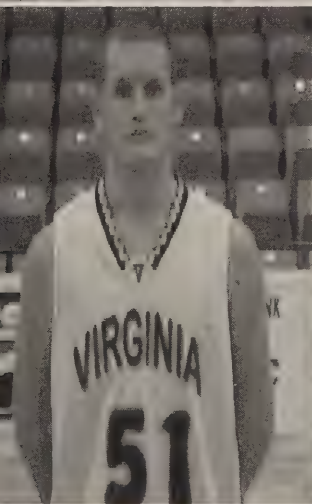
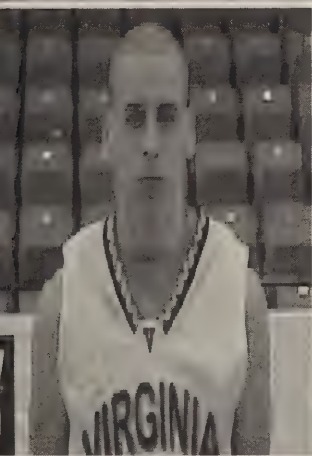
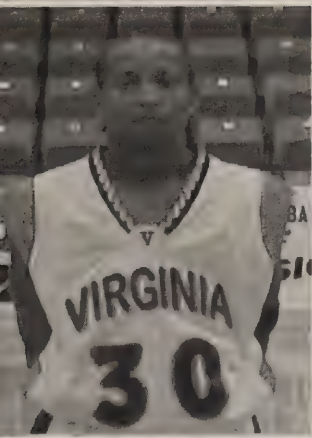
Dribble quick- Junior, Matt Boggs brings the ball up the court to take on VHS opponent.

Ready to pass- Senior Todd Cross looks back for teammate CJ Lee to receive his pass and move for the Bearcats.

Defense Daniel!- Senior, Daniel Brooks watches his opponent with a close eye. Daniel's speed should help him steal the ball.

Long pass- Matt Boggs throws a long pass to Daniel Brooks and Chetwyn Pete in hopes that one of them can score for the Bearcats.

Up and over- Senior, CJ Lee skyrockets over the other players scoring 2 points for the Bearcats.



Are you a player?

1. What's the longest relationship you've ever had?

- a) Um, a few weeks, if that
- b) What relationships? You haven't had any yet but you're working on it
- c) Several months, to a year, or longer.

2. What would you consider to be the ultimate Saturday night?

- a) Dinner at a fancy restaurant with your BF/GF or crush
- b) A huge bash with a skilled DJ, your crew, and your BF/GF or crush
- c) Hitting the club with your crew, and being hit on by a few hotties

3. Have you ever cheated on a BF or GF?

- a) Just once, but you felt so guilty afterwards that you cried
- b) Oh, come on, hasn't everybody?
- c) Never. You couldn't look your hunny in the face after acting

4. You and your new BF are sat hanging out at the mall when a ridiculously hot guy walks by, obviously checking you out. What are you thinking?

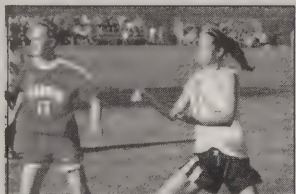
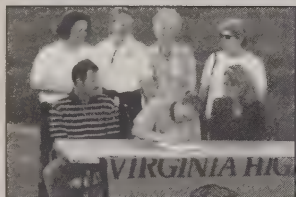
- a) "Wow. He was looking at me?"
- b) "DARN! I have got to get me a piece of that!"
- c) "Why is that guy leering at me all nasty like that? I bet he just got out of prison or something."

5. Have you ever sexually teased more than one guy at once?

- a) Yep, I've been known to juggle a few.
- b) No way. That's a total disrespect.
- c) I wish!

6. What is the best gift you've ever received from a guy/girl?

- a) "That shirt looks great on you, honey."
- b) "I don't know what your friends are talking about! I didn't kiss anyone at that party!"
- c) "Sorry I have to bag tonight's plans I'm not feeling so great."



KICK!



Fire in the Hole - Defensive players work hard hard to keep the ball away from freshman keeper **Amanda Dannhardt**. Protecting the keeper is one of the many tasks defenders must perform.

The 2003 season for girls soccer proved to be one of excitement and adjustment. With the graduation of several starting seniors, the girls team compensated for their loss by gaining plenty of new and eager recruits. The girls worked hard together with those of varying skill level in order to improve not only individually but also to improve the team as a whole. With the leadership of team captains seniors **Audrey Sorensen** and **Sara Beth Jansen**, the girls soccer team prepared itself for another successful season.



Pull the Trigger - Being ever so careful, senior **Audrey Sorensen** dribbles in front of the opposing team's goal. She makes her way through the defense and prepares to make a perfect shot.

Gracious Winners - After a hard-fought game the lady Bearcats shake hands with Marion. Good sportsmanship is key to earning respect from other teams and the fans.



Front row: Kelly Maples, Larissa Via, Magda Montes, Catherine Douglass, Morgan Smith, Amanda Dannhardt. **Middle row:** Jerry Goodpasture, Margaret Puglisi, Julie Booher, Lauren Hanes, Gwen Massie, Whitney Waddell, Molly Sayler, Lashawn Porter, Chelsea Wilson. **Back row:** Coach Sharon Bolling, Samantha Baird, Devin Williams, Morgan Sharp, Audrey Sorensen, Sara Beth Jansen, Leah Rosser, Lauren Hughes, Coach Dana James.



Team Captains

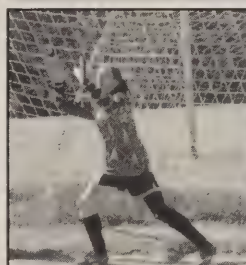
Sara Beth Jansen

Audrey Sorensen



"Playing soccer in high school has been a great experience. It has been a tough season this year, yet one I will not forget. Thanks to my fellow players and coaches my soccer experience has been a memorable one."

"Virginia High girls soccer has been a learning experience for both new and old players. We've been through hard times but we've prevailed and had a successful season thus far. I've enjoyed soccer very much over the past 4 years."



Girl's 2003 Record

Carroll Co.	4-0 (W)
Marion	5-0 (W)
Ash County	6-2 (W)
Abingdon	3-4 (L)
Marion	2-2 (tie)
Carroll Co.	4-0 (W)
Abingdon	2-1 (W)
Tazewell	3-1 (W)
Marion	3-2(W)

2nd place in District



Fast as Lightning - Racing to the ball, junior **Gwen Massie** outruns Abingdon defenders. Gwen is a driving force for the lady Bearcats' offensive line.



Bearcat on the Ball - Jumping as high as she can, freshman **Morgan Smith** heads the ball up the field. Junior **Jerry Goodpasture** assists her fellow teammate in this scramble for possession of the ball.

Celebration - The team celebrates after winning their game against Abingdon. As a result of their victory the Cats also won the District Tournament.

Soccer Scoop

America's #1 Soccer Magazine

Tips and tricks of the trade!
pg. 135

Meet the 2003 team...
pg. 57

Check out Seniors' thoughts on the 2003 season

Latest gear from Puma, Diadora, Adidas, and Lanza

Soccer Scoop

Boy's Soccer 2003



Leap of Faith- Attempting to make a goal, senior **Adam Macke** head the ball in the direction of the opposing goalie. Headers are an important aspect of soccer.

Power Rangers- The offense takes charge of the ball as junior **Hunter Meade** passes for an assist. Teamwork allows players to gain momentum and confidence.



A Leg Up- During a game against Tennessee High, junior **Justin Wisman** takes a free kick. Penalties can cause a quick change of control in a soccer game.

2003 District Champions



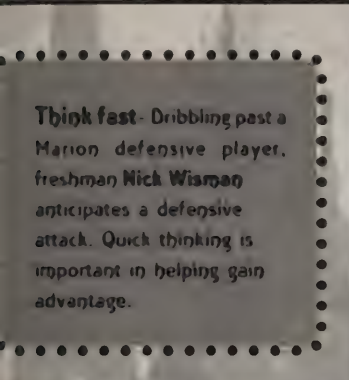
Left to right-Top row: Brentwood Wilson, Justin Matney, Josh Hamby, Brett Davis, Michael Fifer, Robbie Withrow, Joe Shaw, Seth Hall, Dennis Meade- Second row: Nick Wisman, Michael Booher, Justin Wisman, Wes Copenhaver, Kevin Wingard, Isaac Collins, Matt Cambell, Sterlin Hammond, Neil Hebbert- First Row: Patrick Trailer, Phillip Krugel, Hunter Meade, Adam Macke, Chad Miller, Phillip Bass not pictured: James Leg

SOCCER

	Us	Them
Daniel Boone	5	0
Greenville	3	1
Lenior City	1	4
Sullivan Central	2	3
John Battle	6	1
Sullivan North	5	0
Tazewell	3	1
Abingdon	3	0
Sullivan Central	3	3
Marion	1	1
Carroll County	6	2
Sullivan North	3	0
Tennessee High	2	1
Abingdon	1	0
Marion	3	1
Marion	2	0
Marion	1	0



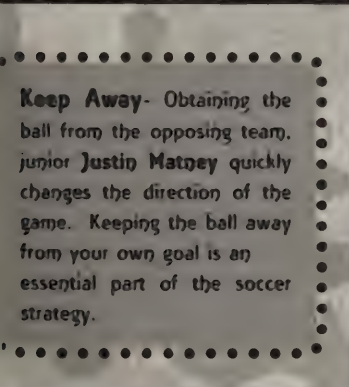
Goal Setter- Crashing to the net, junior **Hunter Meade** kicks a winner past an opposing goalie. Anticipating the goalie's moves is critical for scoring.



Think fast- Dribbling past a Marion defensive player, freshman **Nick Wisman** anticipates a defensive attack. Quick thinking is important in helping gain advantage.



Sweeper- Trapping the ball, junior **Kevin Wiggard** prevents the opposing team from gaining the advantage. Being the last defensive player back, sweeper is a key position in soccer.



Keep Away- Obtaining the ball from the opposing team, junior **Justin Matney** quickly changes the direction of the game. Keeping the ball away from your own goal is an essential part of the soccer strategy.



Under Pressure- While waiting for the ball, junior **Chad Miller** anticipates the next location of the ball. Putting the other team under pressure keeps the opponents on edge.

SENIORS

Class of 2003

Seniors' thoughts on the 2003 soccer season



Michael Booher

"Beating Tennessee High this year was nice. We worked really hard all year to beat them and it felt great when we finally did. I'm going to miss playing this year."



Wes Copenhaver

"We lost a lot of good players from last year, but we pulled together with who we had this year and we've done really well. I'll miss playing with all these guys when i go to college because it was a lot of fun."



Adam Macke

"We lost a lot of talent, but I think we are playing as a team better than we were. We read each others' talents better. Hopefully we will continue to be successful."

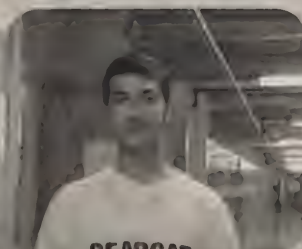


Michael Fifer



Brett Davis

"We all came together and worked well as a team this year and because of that we won games and had a lot of fun. I'm going to miss playing with everyone next year."



Robbie Withrow

"I think we've got the best team we've had in years. We've developed well as a team and all become great friends. I'm going to miss playing with these guys next year."

TRACK & FIELD

Tired? so is Amy Derr find out her story.

Stretches- Look at some of the best

How important is good form?

Track quiz- see how much you really know

Running the distance- Sprinting as hard as one can is all in a day's work for a track team member. **Mitch Morrow** exemplifies that by sprinting around the turn.

Starting Positions - Bracing herself for a tight race junior **Gwen Massie** preapres for a quick start. Being able to mentally preapre for a race is a key to a victory.

I'm Falling - Stretching to the finish line junior **Gwen Massie** gives it one final push to complete the race.

Backtrack - In the final leg of the race junior **Lauren Hughes** makes her final turn to the finish line.

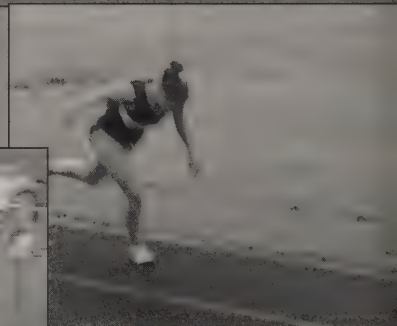
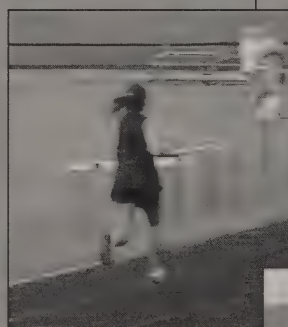
Sitting Pretty - Taking abreak to visit with friends is an excellent stress relief.

Power Struggle - While guiding back the shot put junior **Andrew Carico** attempts to throw a major distance.

Yoga Anyone? - When preparing for a race junior **Lauren Hughes** releases stress by doing a few warm-up exercises.

Track Quiz

- 1) Is running a contact sport?
- 2) What type of shoes do you wear when you run track?
- 3) How many laps around a 400m track is a 3000m race?
- 4) What does it mean in running if you got "spiked"?
- 5) What are the 5 S's of running?
- 6) Are carbs not healthy for you the night before a race?
- 7) What do most coaches suggest you should eat in the morning before a race?
- 8) For someone who is just starting out, who hasn't run before, is it good to do a really long run so you can "see how it feels"?
- 9) What does RICE mean as in running terms(it's for injuries)?
- 10) What sport is most like running?





shot put

Watch out- Throwing the shot is a very difficult thing to master. It seems though that freshman **Ashley Cannon** has gotten it down pretty well.

relaxation

Spoosier - After a hard day of running **Amy Derr** takes a quick nap.



Where did that go? - When throwing the shot sometimes it is hard to see how far or where the shot goes. Here junior **Danielle McReynolds** throws a great shot to win her heat.



shot put

As in many and hold Experience is the key to Success.

(1952 - 2001), "Last Chance to See"

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.

Eleanor Roosevelt (1884 - 1962)

Experience is that marvelous thing that enables you to recognize a mistake when you make it again.

Franklin P. Jones

Experience teaches slowly and at the cost of mistakes.

James A. Froude (1818 - 1894)

Men are wise in proportion, not to their experience, but to their capacity for experience.



Push it - Racing requires strong stamina as **Amy Milliff** shows in her final leg of the race.

Grabbing Hold - While watching other runners **Amy Derr** takes one final stretch.

And it is Off - After throwing the shot put junior **Andrew Carico** continues his momentum in order to secure an effective distance.

One Leg Up - Guiding past a rival junior **Gwen Massie** wins an important race for the team overall score.

Dorje - Showing her enthusiasm for her winning distance senior **Desha Scott** wows the crowd.



Learn to play
like the pros!

Get the scoop from
the VHS stars!

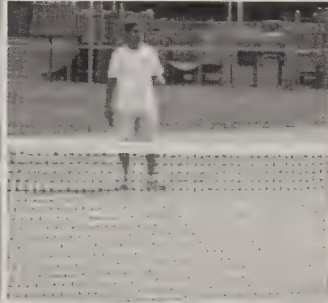
Exclusive words
from the VHS
coaches

In the game-Taking a break from his match, sophomore **Yatin Patel** discusses the point with his opponent. Unlike many sports, tennis requires communication with one's opponent.

Game, Set, Match!-Celebrating their win, these boys relax and settle for a drink with Coach Harness. This group displays the joy of victory.

Double Time-Playing Marion, senior **Will Dickert** and junior **Ryan Callanan** combine their powers to win their doubles match.

Eye on the Ball-During his singles match, senior **Paul Pomeroy** returns the serve of his opponent. Concentration is essential to a winning score.



Learn to play

Play up, down, and even. The best road to winning is playing a variety of plays.

Prepare early! The earlier you bring your racquet back, the more time you have to prepare to hit the shot.

Mix it up! Be sure to mix up your shots to keep your opponent from getting into a rhythm or comfort zone.

Practice your serve as often as possible. Your serve is the only shot you have complete control over!

Brad Jones

#1



"The past four years playing tennis at Virginia High have been awesome. My teammates have taught me a lot, not only on the court but as an individual as well. Thank you for all the great memories and GOOD LUCK in the future!"



Boy's Roster

- 1-Brad Jones
- 2-Paul Pomeroy
- 3-Zak Poulton
- 4-Ryan Callanan
- 5-Will Dickert
- 6-Yatin Patel

Jonathan Hall

Wyatt Fore

Will Soublo

Yash Patel

Cody Adams

Chris Wilson



Seniors



"The opportunity of being the Virginia High boys tennis coach has been one of the most rewarding times of my working life. I have enjoyed being with this group of young men in practice and matches. Their interest and enthusiasm have been encouraging this tennis season."

Bill Harness



TENNIS

like the pros!

Learn from the pros! Watch tennis on TV to learn strategies, stroke technique, and footwork.

Placement is the key! Develop the placement of your shots before you concentrate on power.

Play with your mind. Do not go out on the court and just start swinging. Develop a strategy!

Have fun and look up! Do not get mad or down at yourself for a few bad shots. Remember, the next shot is more important than the last!



Teamwork-During their doubles match against Marion, senior **Liz Browning** and junior **Ashley White** use winning strategies to bring the team to victory. Each individual win contributes to a victory for the team. **Follow through!**-Engaged in a grueling match against Abingdon, junior **Julie Ward** practices good form while returning a forehand by her opponent.

Fancy footwork-Warming up, junior **Ashley White** practices her forehand while exhibiting her own style of play. **Leaps and bounds**-Playing her singles opponent, senior **Emily Tolley** shows the importance of flexibility as she reaches to complete her backhand.



Girl's Roster

Ellen Tidwell-1

Julie Ward-2

Ashley White-3

Liz Browning-4

Emily Tolley-5

Rea'Shelle Morrow-6

Kathryn Cole
Amanda McWhite



"Choosing to be on the tennis team was one of the best things that I have ever decided to do. It is so much fun to be on a team with these girls and see the results of our hard work."

Dale Martin



"Champions are built with attitude. Work hard and always put your best effort out and you will always be a winner!"

Seniors





F A S T

Kristin Norman

Jenna Wagner

Lindsey Branch

Melissa Smith

Danielle McReynolds

Vita Schacht

Katie Pittman

Angel Foster

Courtney White

Amanda Smith

Megan Branson

Date	Opponent
April 3	Sullivan East
April 4	Knoxville Tourn.
April 5	Knoxville Tourn.
April 10	Marion
April 15	Abingdon
April 17	Lee
April 22	Sullivan East
April 23	TN High
April 25	Knoxville
May 1	TN High
May 6	Tazewell
May 8	Lee
May 12	Marion
May 15	Abingdon

Tiffany Necessary

PITCH

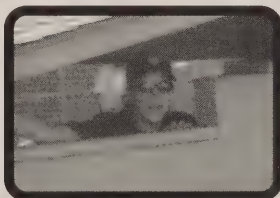


Coach Burke- "It's truly been a great year for VHS softball, we have two very young teams with a lot of talent. We have had our ups and downs, but the girls have worked very hard on their hitting and defensively, behind great pitching. We've gotten the job done when it counts. Not to mention the VHS JV team winning the Highlands District Tournament Championship!



THIS YEARS TEAM WAS VERY TALENTED AND WAS A PLEASURE TO COACH. WITH KRISTIN NORMAN BEING OUR ONLY SENIOR, OUR PROGRAM WAS RICH WITH TALENT AND WE ARE LOOKING FORWARD TO THE FUTURE."

- COACH REED



"Patience!"- Catcher Courtney White waits patiently for the next pitch. The keys of being a catcher are determination, concentration and last but not least, patience.

"Huh?"- Giving a confused look, pitcher Megan Branson waits for direction. Megan has been a great pitcher for the 2003 varsity softball team!



"Let's Talk"- The catcher, Courtney White, and the pitcher, Megan Branson, talk about problems that might be occurring in the game. Often times it is necessary for the catcher and pitcher to converse about what is happening in the game.

"SLIDE!"- After a base hit, Junior Lindsey Branch slides to a safe haunt. Though these falls at times are dangerous, these young ladies take them well.



"Having the opportunity to play softball at Virginia High was one of the highlights of my life. The memories that I have shared with the coaches and team are something I will hold on to forever. I want to say good luck and best wishes to the future teams.

~Kristin Norman



2 VARSITY and JV SOFTBALL TEAMS

0
0
3



J V Softball
Team not
pictured
Record: 15(W)- 3(L)

SOFTBALL

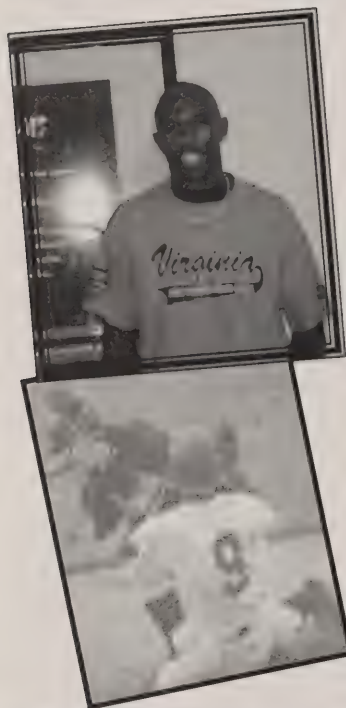
Baseball Digest

Do you have what it takes?

Are you an MVP?

Top 70 teams of the year.

Baseball Digest



I'm gonna go for it...

Waiting for the steal, junior T.J. Slagle waits for the steal. Players have to wait until the pitcher is not paying attention to go for the steal.



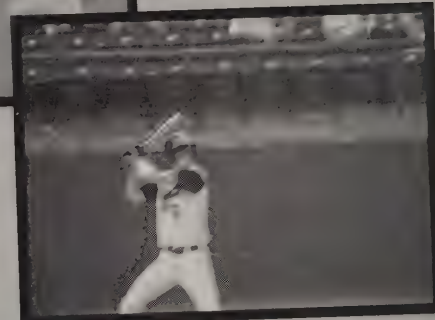
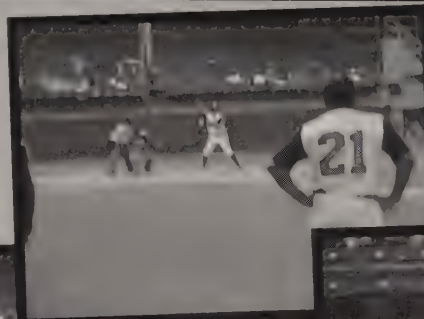
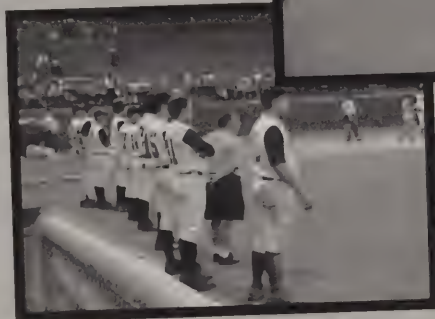
I'll get you out....

Trying to get an out, senior Derriok Widener catches a throw to second base. The catcher has to be quick and right on target to get someone out on a steal.



Here I come....Going for the steal.

senior Tyler Belcher slides head first into second base. Sliding is a key element when it comes to stealing.



Eagle eye...Waiting

for the pitch senior Jared Dotson keeps his eye on the ball. It is always important to keep focused while waiting for the pitch.



Go Team...Standing by the

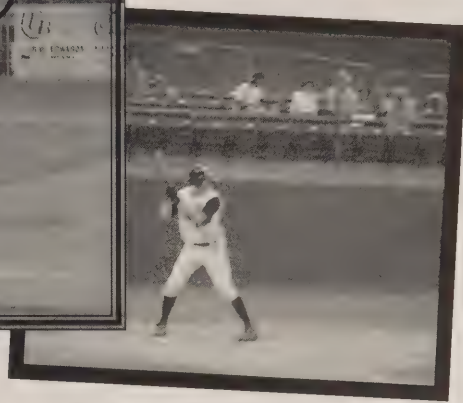
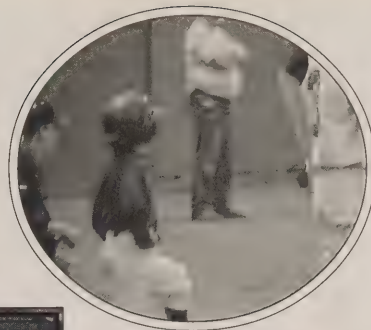
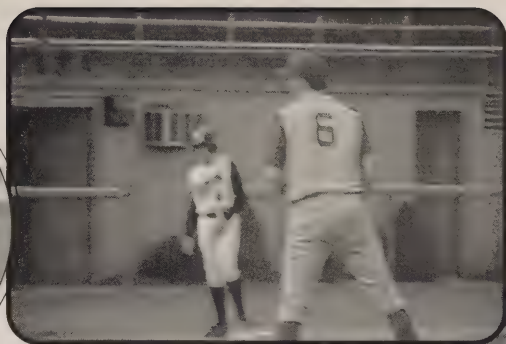
dugout the VHS baseball team cheers on their teammates. It's important that the players show their support for one another throughout the game.



Bring it On...While

waiting for the throw senior Kevin Fielder keeps his eye on the ball. Keeping your eye on the ball is a key element.





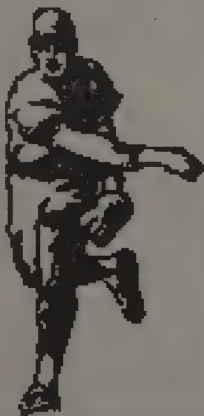
Home Games

March 27 - John Battle
(7-7) W

April 9 - Marion
(72-2) W

April 12 - Big b/East
(0-9) L

May 7 - Abingdon
(4-0) W



"I have enjoyed playing with the fab five during my baseball career and I'm going to miss them. Getter done boys!"

-C.J. Lee



"Participation in baseball has been an exceptional experience over the past four years. Along with our many accomplishments, I have had the privilege of playing with this group of seniors since my elementary years. I wish everyone success in their future endeavors."

-Kevin Fielder



"I've really enjoyed being a part of a program that has such a rich baseball tradition. It's been a lot of fun playing for Coach Daniels and getting to know all of the guys."

-Jared Dotson



"Well what can i say? The past four years have been unforgettable. Our squad has been put through many trials and somehow always found a way to getter done. I really enjoyed playing for Coach D. and will never forget the fab five. There will never be another like us."

-Derrick Widener

Away Games

April 7 - Lee High
(3-0) W

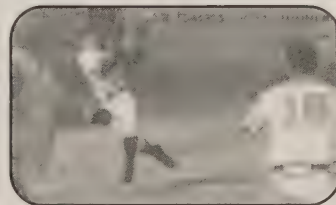
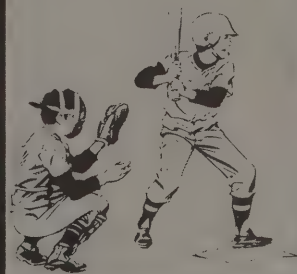
April 15 - Tazewell
(8-2) W

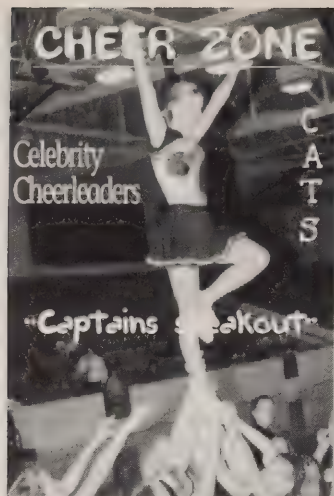
April 17 - Honaker
(17-5) W

April 22 - Tenn. High
(2-0) W

April 25 - Marion
(17-6) W

May 12 - Abingdon
(4-7) W





Spirit Fingers— Showing her spirit, sophomore **Megan Branson** shows her spirit at the VT football game. Getting the crowd involved is an important part in being a good cheerleader.

We are F-A-M-I-L-Y— Fall cheerleaders pose for the camera while selling programs before the game. They sell as many programs as possible to raise money for seasonal funds.

The TRIO— The three captains of the fall varsity squad group together to remember the many memories they shared as cheerleaders. All three seniors cheered for Ms. Hale for four years.

Young'uns— The fall JV cheerleaders sit together at the VT game to help cheer on the team. The older girls mentor the younger girls on how to promote school pride.

GO-CATS-GO— During a girls basketball game, the squad cheers the team on loudly to help them to victory. Pumping up the crowd can motivate the players to try harder.





Get Together- On a cold winter night the varsity cheerleaders struggle for a pic. Homecoming festivities give students a chance to get dressed up.



I Believe I Can Fly- As a flyer, senior Amber Dunn goes up in a prep to show off her skills. Stunting and tumbling are two aspects every successful cheerleader must face to reach maximum potential.

Leader of the Pack- Cheerleading coach Donna Hale has a major role in promoting school spirit. Her hard work and dedication is appreciated.



Cheering for VHS for four years has been a great experience. The team has become sisters to me and I will never forget all of the memorable moments we shared."



"Being a cheerleader for VHS for the past four years has been an awesome experience. We have made many memorable moments together and I'm going to miss all of them next year!"





"It has been such an honor to be a VHS cheerleader for the past four years. We have all become really close, and we've shared some great times. I'm going to miss cheering with these girls next year!"

Celebrity Cheerleaders

1. Paula Abdul
2. Halle Berry
3. George W. Bush
4. Sandra Bullock
5. Deana Carter
6. Samuel L. Jackson
7. Madonna
8. Terri Hatcher
9. Franklin D. Roosevelt
10. Michael Douglas



 ChEeR zONe 

In this issue...

THE SCOP ON ACADEMIC DO'S AND DON'TS!

Next Page...Exclusive
quotes about education
from academic greats!

Photo Feature-

Our paparazzi's photos of
students hard at work!

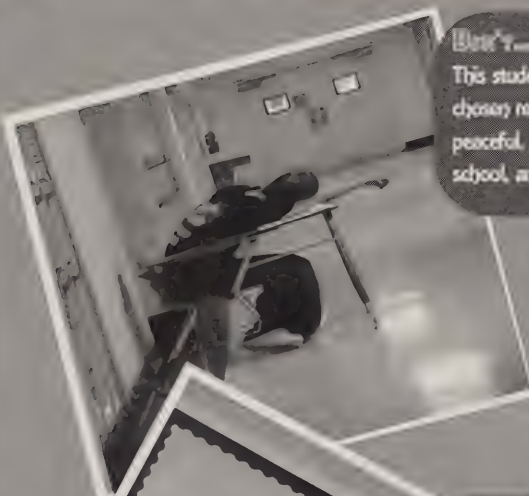


ACADEMIC



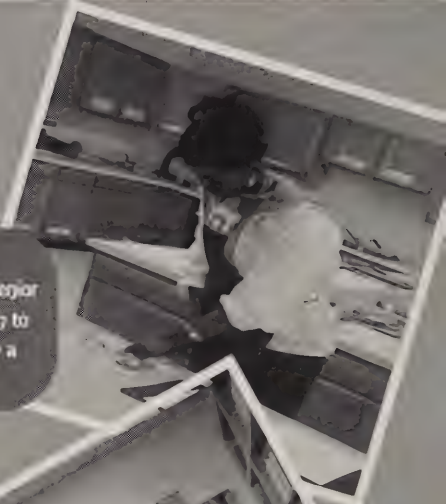
Do's &

DON'TS



DON'T...SLEEP IN CLASS

This student who shall remain nameless has chosen rest over work. This may look peaceful, but napping sets you behind in school, and besides...what a neck cramp!



DO...PAY ATTENTION

Cutting up ingredients in culinary arts, Senior Dania White has to pay careful attention to what she is doing...injuries are definitely a don't!



DON'T...FURRY UP

PRESENT! - Presenting a collage in psychology class, senior Jenny Cunningham explains her theme.



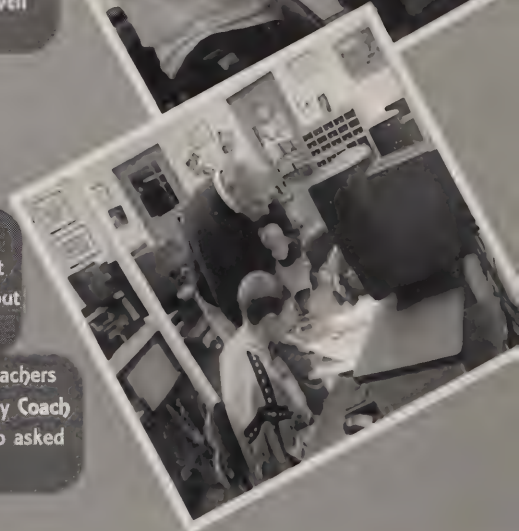
DO...WORK HARD!

Research papers are hard work, but with a little determination, a great grade is well within reach.



DON'T...PLAY GAMES!

Games on the computer are a great way to relax after finishing work, but all play and no work is a don't!



DO...ASK FOR HELP!

Teachers are always on call, as proven by Coach Caldwell, helping a student who asked for his help.

ENQUIRER

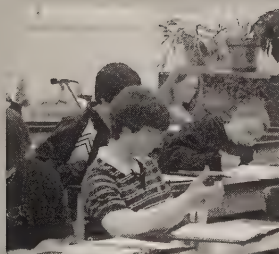


"Our greatest common concern is the needs of our children."
 Concentration is a focus, not
 measured by your Ph.D. degree
 is better than. Grading is a
 task that is always in progress.



"Education is a journey, not a destination."
 "The greatest common concern is the needs of our children."
 Concentration is a focus, not
 measured by your Ph.D. degree
 is better than. Grading is a
 task that is always in progress.

Education is a great journey, it is
 a journey of self-discovery. The journey
 is to the unknown, not the
 known. Education is a journey, not a destination.
 The greatest common concern is the needs of our children."
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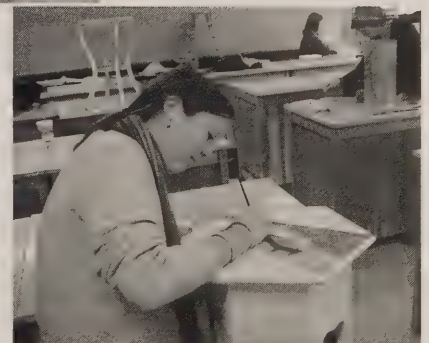
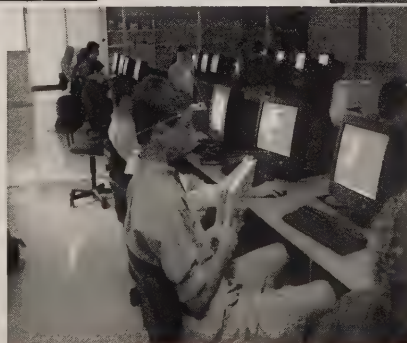
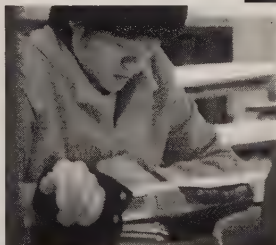


EXPECT THE BEST



"IDEAS ARE THE
 BUILDING BLOCKS
 OF GREAT-
 NESS."

-ANONYMOUS

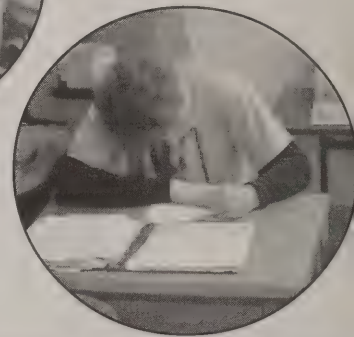


The Writer

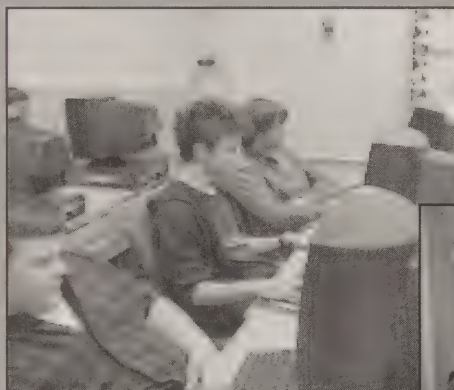
Ask any student and he or she will tell you that the English classes require the most rigorous workload. English challenges students to explore the depths of their own minds in order to open themselves up to the minds of the authors that create new ideas and new worlds full of imagination that appeal to the senses. English enables us to reflect upon our own thoughts as well as the thoughts of others. Students can expand their knowledge about the many different styles of the great writers and learn about the heroic, tragic, or comedic aspects of the classics they will study.



Keep up the Good Work
Determination plays a big role in maintaining grades. Senior **Audrey Sorensen** works hard to finish an assignment.

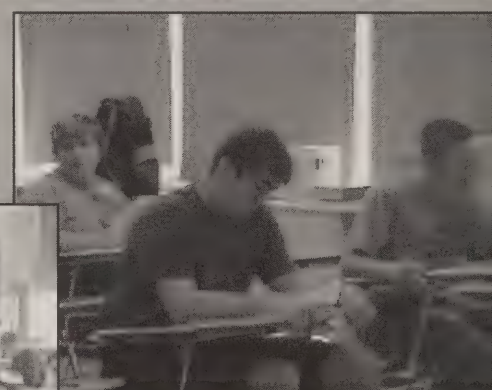
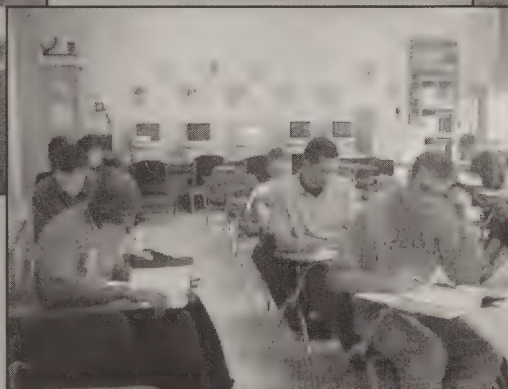


Goin' Hardcore - Junior **Chad Miller** works diligently on his English work during class.



Takin' the Easy Way Out - Seniors **Jereme Miltier, Walker Parks, and Paul Pomrenke** search for ideas for yet another great paper they will be writing in their English class.

No Rest for the Weary - Senior **Kevin Fielder** takes a break for a picture while fellow classmates **C.J. Lee and Kevin Worley** continue working on an English assignment.



Concentration - Junior **Will Soublo** gives his full concentration to his work during Mr. Hutchinson's English class.

Most popular books in the school

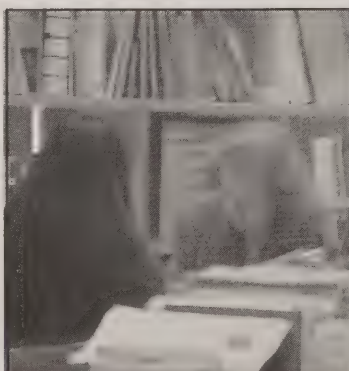
Lovely Bones by Alice Seabold

Angus Thongs and Full Frontal Snogging by Georgia Rennison

Go Ask Alice by Anonymous

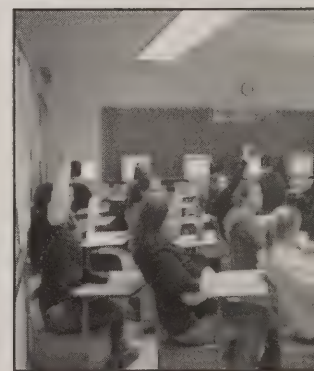
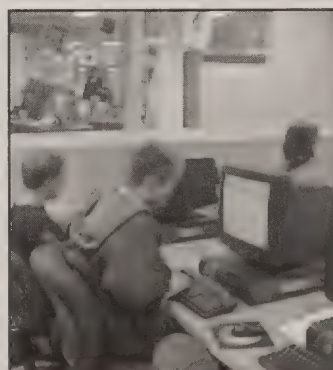
Portrait of a Killer by Patricia Cornwell

Stephen King novels

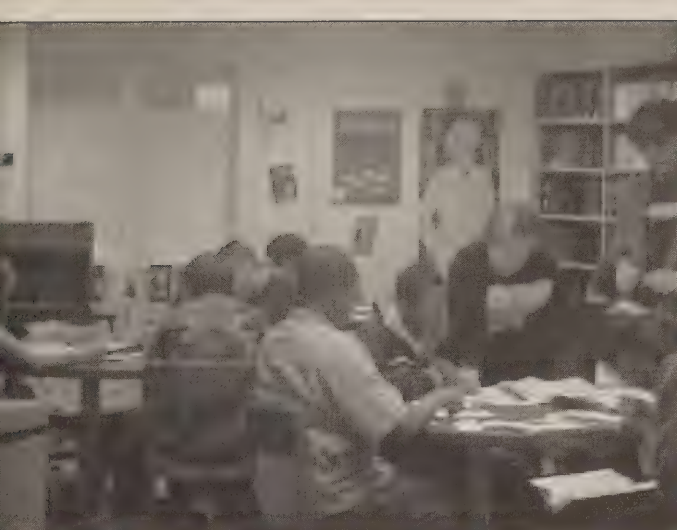


One-on-One - English requires a lot of one-on-one discussions in order to have a better understanding of a particular piece. **Mrs. Propst** works with senior **Jing Chen** on one of her English assignments

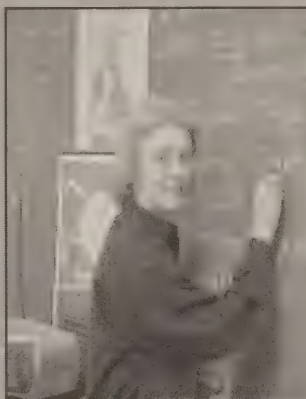
A New Day - An English student starts up his computer in the library in order to begin another day of careful and detailed writing. The internet is a great place for students to begin their studies.



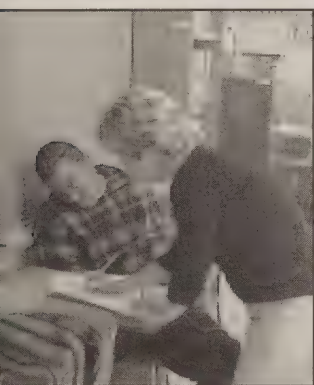
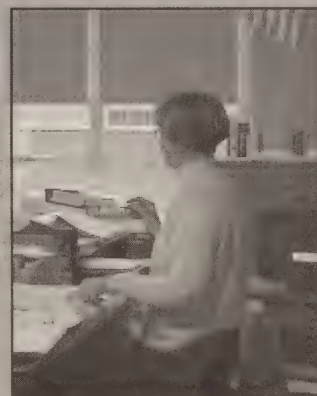
Participation - Class participation is crucial during class discussions. These students display their eager involvement in their discussion topic.



Always be Prepared - Mrs. Propst takes time out for a quick picture. She prepares the day's new lessons for her English classes.

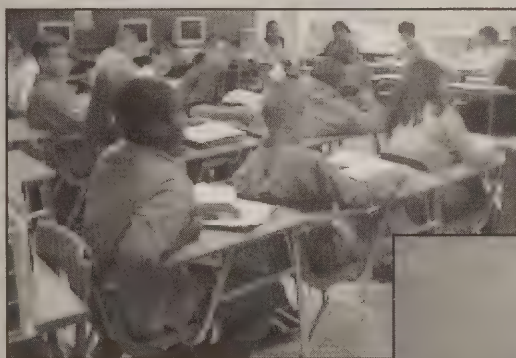


Words of Wisdom - Mrs. Acuff advises her English classes on proper essay writing techniques. Being able to write a well-made essay is crucial when preparing for college.

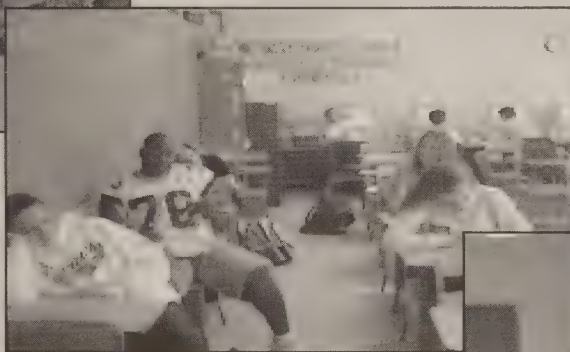


Keep Working, Keep Writing - Freshman English students receive help from Mrs. Acuff during a day of work in the library.

A Little Help Please - Junior Stephen Graham gets English help from Mrs. Holcomb and looks very excited in the process. English requires hardwork and concentration.



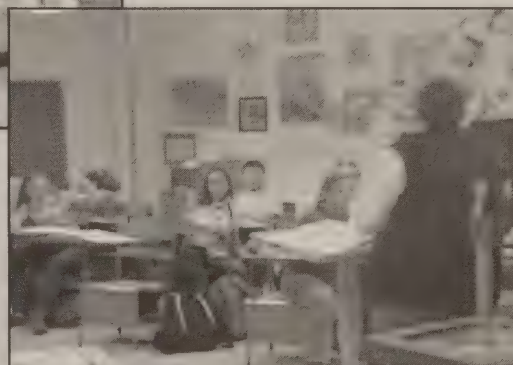
Team Effort - English requires collaborated effort. Juniors Patrick Osborne and Ashley White help each other in order to further their knowledge of English.



Study Time - This English class gets ready to learn about the next great novel. The students listen intently as they receive their next instructions.



Determination - Sophomore English students receive help from their teacher. In order to increase their knowledge and apply it to their daily assignments, students listen carefully to what advice they are given.



Scientific American

The top 10 science study habits

Quotes from your favorite people

The do nots of labs

How to ace your next Chem test

Scientific American

Virginia High offers many science classes. The curriculum includes Earth Science, Advanced Earth Science, Biology, Advanced Biology, Ecology, Advanced Ecology, Chemistry, Chemistry II, Biology II, and Physics. These areas of study are taught by experienced teachers who are trained on how to explain their subject matter more concisely, and are excellent at helping the students with new subject matter. Every Science class performs many labs, which help in understanding the material in a hands-on and collaborative way.



Chillin' - After taking notes in Coach Todt's biology class, sophomore Clyde Nophlin takes time to reflect on the lesson.

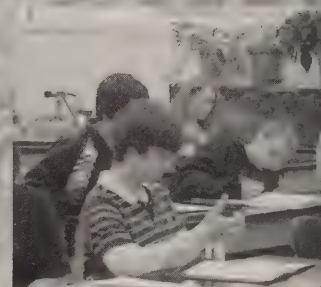


Listen up - Students in Mrs. Orr's chemistry class listen as she gives notes. Listening is a key strategy in getting good grades.

Homework Time - At the end of Coach Adams second period, he assigns students a little homework. Working hard in class will award senior Andrea Jones with no work to do at home.



Catchin' up - Sophomore Tyler Barb tries to get his pencil to work so that he can catch up on Mrs. Kristofek's notes.

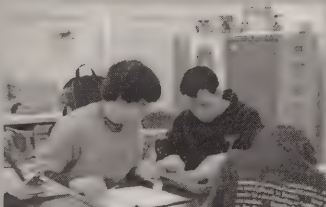


A Test of Time - In Mrs. Minnick's physics class, seniors Jenni Cunningham and Britney Pierce try to finish their lab in time for the bell. Labs are important in understanding science.

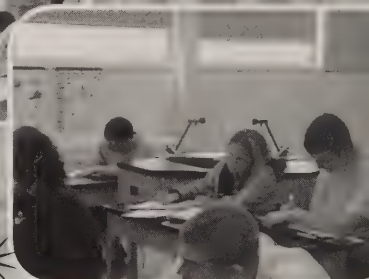


Stay focused - Although class discussions and notes can be boring at times, staying focused is very important. Coach Todt's biology class is aware of this.

Heads Up - Students in Mrs. Kristofek's advanced biology class know to stay awake while doing a lab. Labs are a great way to understand the material better.



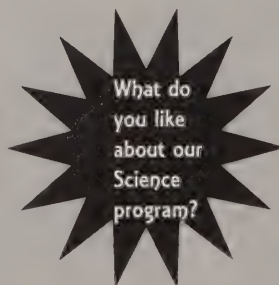
Keepin' Up - Students in Coach Todt's second period try to keep up while taking notes.



Workin' hard - Students in Mrs. Kristofek's 2nd period biology class work hard on their lab so that they do not have homework.



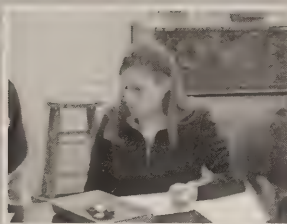
Junior Jerry Goodpasture says "I enjoy the labs, I think it's essential to incorporate labs in all science classes to better understand the material."



"I enjoyed the hands-on activities as well as the understanding of applications studied in all science classes" states senior Kevin Fielder.



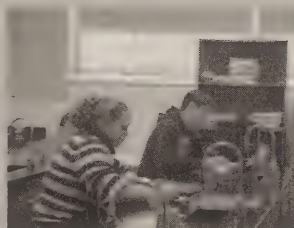
A Helping Hand - Physics can be hard to understand. Luckily senior **Brandon Hall** understands, and is happy to help out **Gregory Simpson**.



Rushin - In an advanced biology lab, sophomore **Gina Houser** rushes to finish in time.



Review Day - The test review in biology is a big help in understanding the material. Sophomore **Ashley Jones** pays close attention.



Notes, notes, notes - Juniors **Justin Wisman** and **Mallory White** spend the period copying notes from the overhead.



Close Attention - Mrs. Minnick's physics class knows to pay close attention to her. Students that listen well will receive good grades.



A Break - During the last few minutes of class, senior **Chris Homer** finds time to have a conversation with junior **Matt Boggs**.



Extra Help - During a biology lab, sophomore **Carrie Philbrick** goes to Mrs. **Kristofek** for a little more help.



Follow Directions - In an interesting chemistry lab, juniors **Justin Wisman** and **Trent McVey** test different substances to see if they are an acid or base.



Pop Quiz - Seniors **Dustin Bohon** and **Shelbi Wilson** are given a quiz in ecology. Hopefully they studied their notes.



A Close Look - Sophomore **Courtney Wright** spends the period doing a lab in biology involving a microscope.



All Eyes on Me - In Mrs. Orr's chemistry class, senior **Haley Meade** and junior **Trent McVey** pay close attention to the discussion.



Concentration - Juniors **Desha Scott** and **T J Slagle** concentrate on their chemistry quiz. Quizzes are good preparation for the test.

Working to the bell - Students in advanced biology work diligently on their work. Many of the students will finish before class is over.



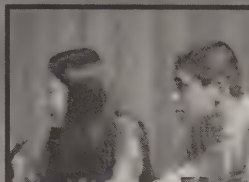
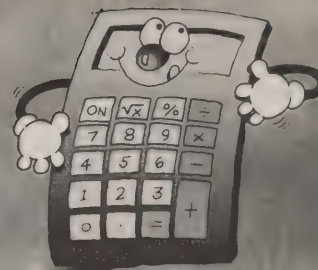
Math Methods

How to
change your
F's to A's in
math class.

15 EASY ways to study for all kinds
of math tests and quizzes and pass!

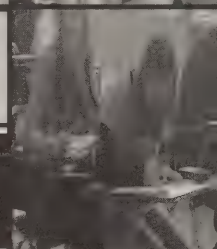
Quotes
from
students
about
how to
improve
math
class.

Math Methods



Is that your final answer?—The members of the Math Swac team work hard to find the right answer in a match vs. Patrick Henry.

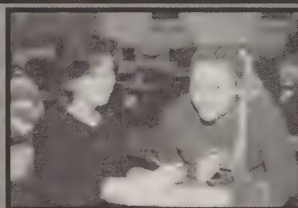
Watch the overhead please!—Mr. Taylor teaches his students by writing on the overhead rather than the chalkboard. Both are effective methods



Give me a Break—Senior Ana Smith takes a break from her studies to smile for the camera. Ask Ana, it's hard to work with no breaks.



A Menacing Moment—Trying to master a difficult problem, Freshman Jonathan Blake looks to the book for inspiration.



Get focused—Sophomores Daniel Stevens, Chetwyn Pete, and Katherine Bowers are listening intently to their math teacher.

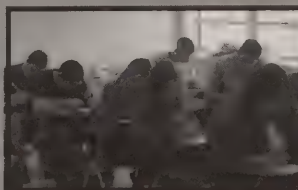
A Helping Hand—Mrs. Drozdowski helps senior Erin Hawkins. The teachers help is essential when mastering a new concept. Erin has a smile on her face!



Lend a Helping Hand— Mrs. Drozdowski lends a helping hand to Allen Daughtery and fellow class mate.



Heads Down, Hands Moving—Mrs. Cochran's 2nd period math class is hard at work. Mrs. Cochran gives notes over the overhead so everyone can copy the right problems.





Ashley Trinkle-The Math program is ok, I just wish that the teachers would get more involved with us.



Chad Sherfey-Math is very educating if you know how to do it. I wish we would stay longer on subject.



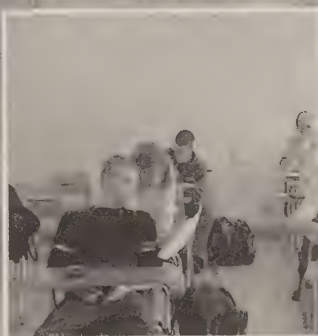
Tad Giles-Math has always been a difficult subject for me, however, the excellent teachers have helped me understand it more.

1. Walking fast can consume 5.0 kcal per minute. How many hours of exercise are required to consume 450 kcal, the energy in a large candy bar?

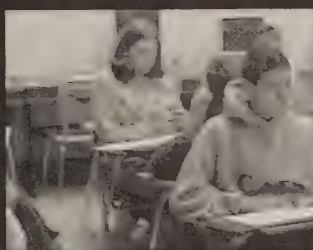
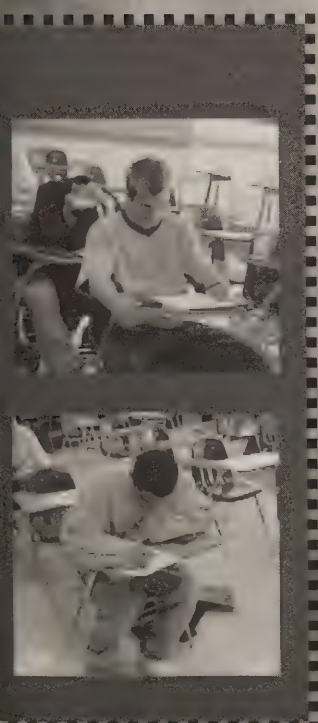
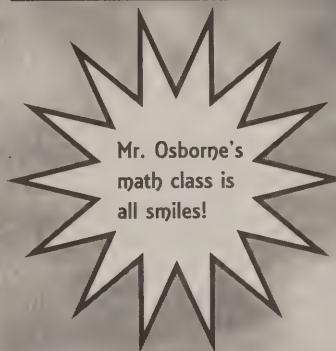
- A. 2.5 hr
- B. 1.25 hr
- C. 1.75 hr
- D. 1.5 hr
- E. 1 hr

2. Given the following densities at 25°C magnesium: 1.7 g/cm³ graphite: 1.8 g/cm³ iron: 7.9 g/cm³ A block of iron has a mass of 819 g. What is the mass of a block of magnesium that has the same volume as the block of iron?

- A. 1.1×10^3 g
- B. 3.8×10^3 g
- C. 1.8×10^3 g
- D. 2.8×10^3 g



After a hard class, the freshman relax.



Sophomores still focus-
While in their younger years, math students still pay attention and listen.

Don't turn away-Trying to daze off from math, Junior Neil Hebbert looks out the window.



Leader of the Class-Sophomore Brandon Simpson is at the front of the class copying Mrs. Hite's notes as fast as he can. Sitting at the front of the class gives students a better chance of paying attention.



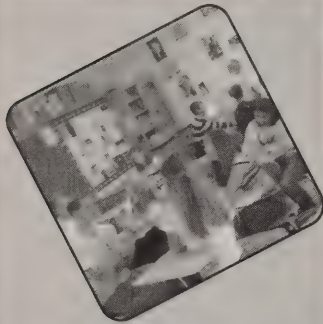
National Geographic

Talking with the teachers
Get inside info on the teachers you want to know about

Test your knowledge
See how much you really know with a crossword puzzle



Studies



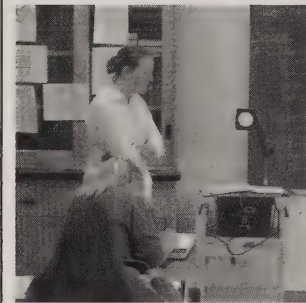
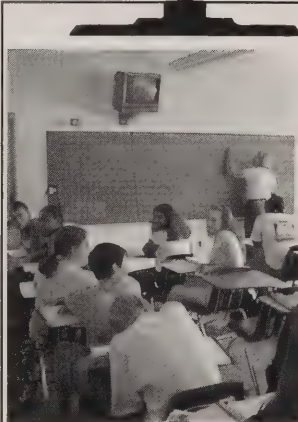
The group works hard for Mrs Judd



Social and political issues are discussed feverently



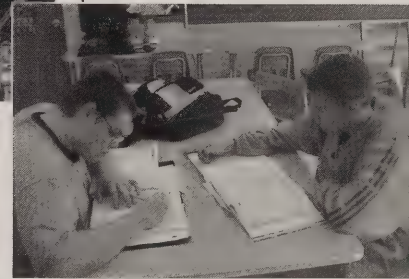
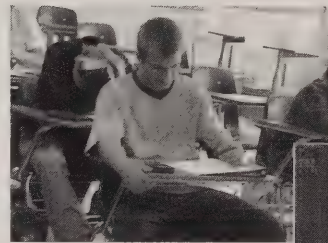
Will Soublo studies hard



Teacher not a preacher- In an attempt to guide her students through a difficult assignment, Mrs. Bolling gives notes on an SOL review assignment. SOL tests are an important assessment of student skills

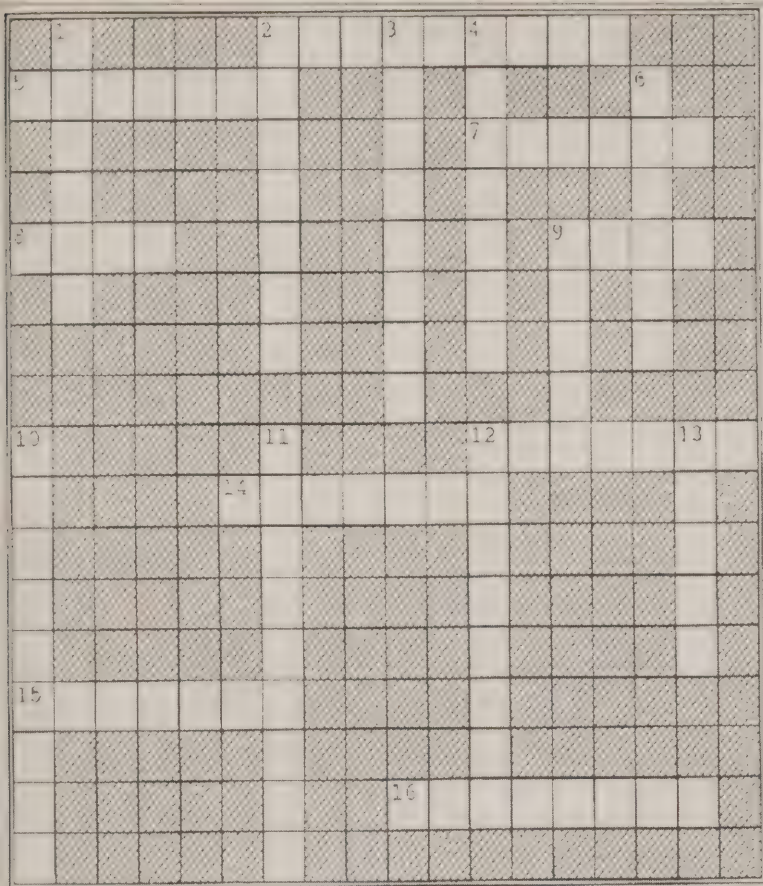
Close encounters- While working on a geography assignment, Mr. Austin informs students of where to find the answers to their study guide. Study guides help students prepare well for a test

Hand Delivery- Students look quickly at their notes as Ms. Bolling hands out paper for a test. Last minute studying as she finishes her notes on the board.



Besides going to class, students are involved in many other extra-curricular activities that were history related. Several students got to experience local government first hand with Youth-In-Government Day. This allowed students to take on the roles of city officials for the day. The Senior class voted for the city council, Mayor, and Vice Mayor officials. Emily Tolley took on the role of Mayor, Liz Browning was Vice Mayor, and the other city council members included Charlie Bussey, Wyatt Fore, and Sara Moore. Not only are students involved in government, but some also take part in SWAC. The SWAC team comes together to participate in matches and test their history knowledge against competing schools.





ACROSS

2. Founder of Quebec
5. Arab traveler of the 14th century
7. Sixth century B.C. Greek who explored for Persia
8. English explorer killed in Hawaii
9. Discovered the Cape of Good Hope
12. China's Treasure Fleet Admiral
14. Fifth century B.C. Phoenician who travelled to England
15. Greek who established tin trade with England
16. Italian who explored for Spain and Portugal

DOWN

1. English navigator who explored what is now New York
2. Discovered St. Lawrence River
3. Leader of the first expedition to circumnavigate the globe
4. Frenchman who explored the mouth of the Mississippi River
6. Opened Portuguese trade routes to India
9. First Englishman to circumnavigate the world
10. Italian merchant who travelled to Asia
11. Norse explorer who landed in North America
12. First documented European to reach the Americas
13. Phoenician who explored northwest coast of Africa

Talking With The Teachers



Frank Mitchell

Mr. Mitchell graduated from East Tennessee State University. He has been a teacher here at Virginia High School for 26 years. Mr. Mitchell loves to teach U.S. History. In his spare time he likes to jog and spend time at home.

Richard Austin

Mr. Austin graduated from UT at Knoxville. He has been a teacher Virginia High for one year. Mr. Austin also taught at Dobybs-Bennett for 12 years, Union School in Haiti for 1 year and Sumter High School in Sumter SC. for 2 years. Mr. Austin's favorite subject to teach is history.

Phyllis Lawson

Mrs. Lawson graduated from East Tennessee State University and has been a teacher a total of 28 years. She has taught at many different schools as well as teaching at Virginia High for 3 years. She taught at Van Pelt Elementary for 8 years, Douglass Elementary for 2 years, and Virginia Middle School for 15 years. Mrs. Lawson's favorite subject to teach is History.



Around the
World- Foreign
Exchange
Students

Top 10:
Most
Affluent
Languages

Familiar Faces-
Thoughts on
Foreign Language



French.com- During French class, senior Adam Macke utilizes a computer for his learning needs. Sometimes computer programs are the best way to learn a language.



Chicos y Chicas- Ms. Grahare gives a lecture to her seventh period Spanish III class. Besides lectures, Spanish classes usually find entertaining but helpful ways of learning Spanish.

Hands across America- Mrs. Johnson passes out a helpful worksheet to one of her Spanish classes. Written material is extremely helpful for aiding students to memorize and learn a language.



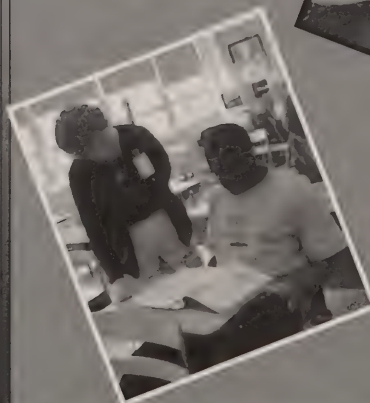
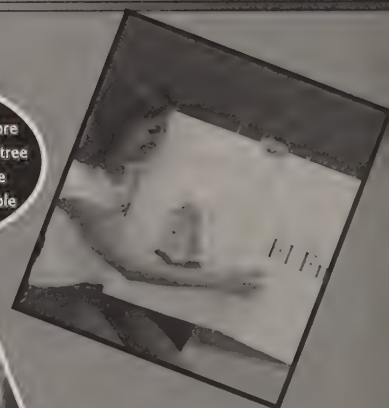
Que paliza- In Spanish class, junior T.D. Huft works diligently on an in-class assignment. Class participation is always important for deciding a student's grade and help develop skills in his or her language course.



Top 10 Most Affluent Languages

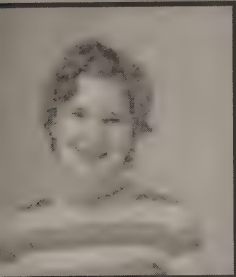
1. Chinese
2. English
3. Hindustani
4. Spanish
5. Russian
6. Arabic
7. Bengali
8. Portuguese
9. Indonesian
10. French

La familia- During Ms. Graham's Spanish class, sophomore Mollie Salyer presents her family tree project. Interesting activities make a language much more enjoyable to learn.



Bonne chance!- During French III, Mrs. Garner assists junior Donald Pender with a difficult assignment. Sometimes individual help is needed to fully understand a language.

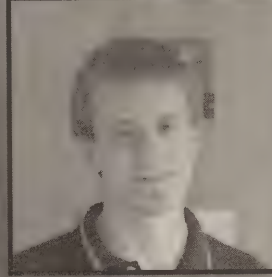
Around the World - Foreign Exchange Students



Sweden

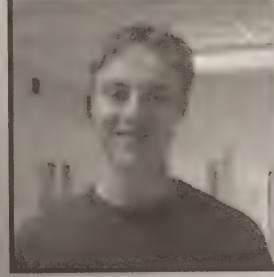


Brazil



Germany

"I like school here better because the classes are easier than in Germany, and the girls are prettier."
-Nils Wunsch



Germany

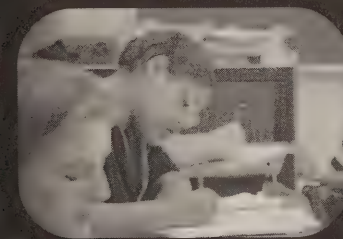
The classes here are a lot more than in Germany and I have a lot of fun. We have an awesome soccer team and I enjoy being a part of it.

-Philipp Kruegel

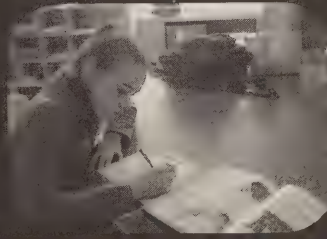
Freedom of Speech- Being able to communicate your opinions to others is an important element to learn. Instructors give many activities that make students listen and respond in their practiced language. In Spanish, students exercise their abilities to successfully communicate their thoughts.



Listen Up!— To understand the assignment more clearly, junior Katie Moseley and senior Jerome Miltier listen to instructions by Mrs. Eileen Garper in French III. Teachers often begin class with a brief introduction to the lesson.

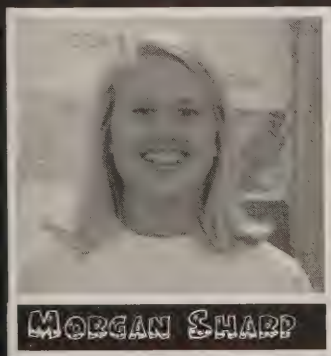


I am woman!— In an attempt to pass a difficult test, freshmen Loreal White and sophomore Jenny Montgomery work intensely on the vocabulary section of a Spanish test. Learning basic word structures and grammatical rules are usually taught in levels I and II in order to prepare students for the higher levels.

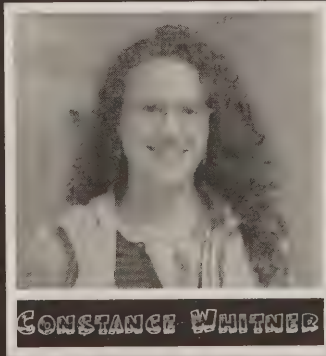


Estoy Trabajando- For her Spanish IV class, junior **Chelsea Wilson** works feverishly to complete her homework. Hard work and dedication are key in fully comprehending a language, especially in a higher level of a language course.

FAMILIAR FACES- Thoughts on Foreign Language



"Mrs. Johnson's Spanish class was always very interesting and a good break from the usual class schedule. Her teaching techniques have helped me very much in trying to master the Spanish language. I will always remember Spanish because of her."



"Studying Latin over the years has helped me improve my vocabulary and understand the history of the Romance languages. I found Latin III with Mrs. Blankenship to be very interesting and quite enjoyable. I am looking forward to next year."

Artistic Arts 2003

New brushing techniques

Flow can

you get
the latest
artist papers?

Top 7 best student art works

Take the Quiz

Do you really know your art

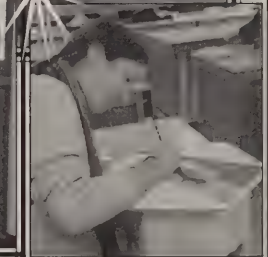
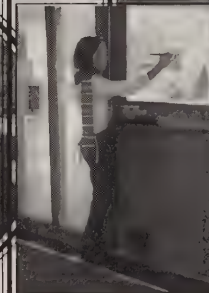
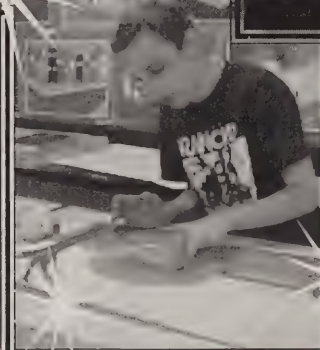
What values are instilled this year
in modern art?



By: Sara Moore



By: Van Gogh



Whitney Waddell



"Art helps me to escape
the stresses I endure
everyday, and is also my
form of expression to
life."

Rebekah Friend



"I've loved art since I was
young. It's a good way to
express my personality
and feelings about certain
issues."

Joey Cusack



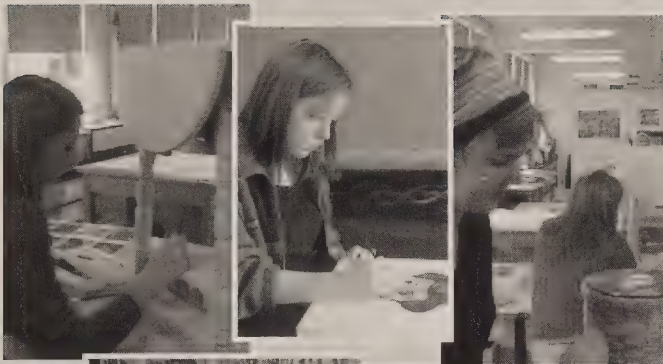
"Art is a cool subject
because it doesn't
require you to think too
much and it's fun."

Cullen O'Hara



"I like art because it
helps me express what
I sometimes can not
say in words."

Artist At Work

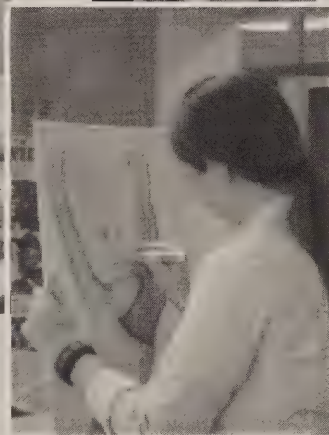


Artist At Work

When an artist works he or she must tune out all possible distractions.

Concentration is the key to perfection in a piece of art work.

It takes a good artist to be able to master the skills needed to work at the professional artistic level. These students are already showing that they have overcome this obstacle and have mastered the concept.



Quiz

1. Only 1 goes from warmer to cooler

A. Green to orange

C. Red-orange to red violet

B. Yellow-green to yellow

D. Violet to Orange

2. How many secondary colors?

A. Three

B. Four

C. Six

D. Two

3. White can be made from...

A. Copper

B. Cadmium

C. Zinc

D. Cobalt



4. To neutralize orange add

A. Cadmium red

B. Cobalt blue

C. Cadmium yellow

D. Lamp black



5. Which color is not lampfast?

A. Cobalt blue

B. Cadmium red

C. Chrome green

D. Lamp black

6. To make color stand out, use

A. Hot colors

B. Contrast

C. Light colors

D. Soft edges

7. The coldest of these colors is

A. Red

B. Orange

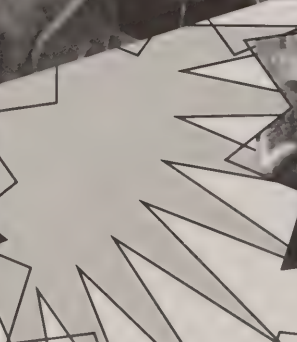
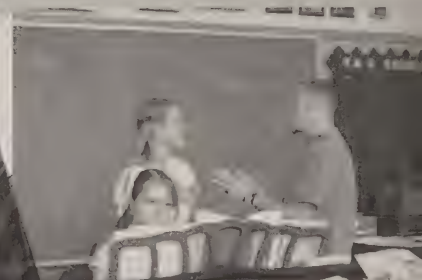
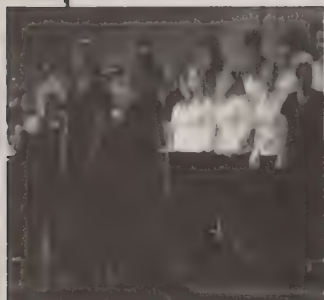
C. Yellow-green

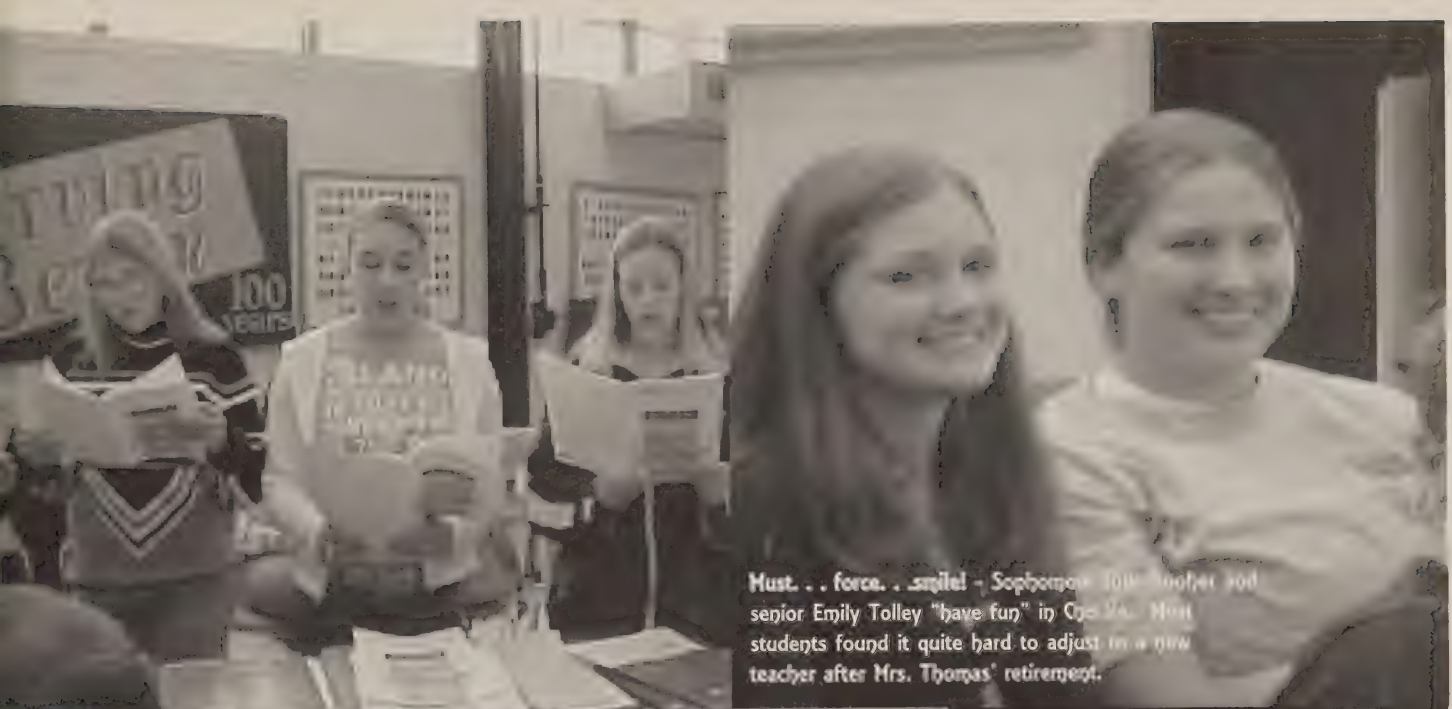
D. Yellow



Boxing Food - Every year during thanksgiving the Art Club does a service project. This year they collected food for a deserving family in the school system and gave them a nice meal. Seniors **Sara Moore, Rebekah Friend, and Will Dickert** help **Mrs. Simmons** and other Art Club members box-up the food they collected and get it ready for the receiving family. Doing a service project gave the members of the Art Club a chance to be involved in the community and make another family's Thanksgiving better.

The Choirs at VHS





Must... force... smile! - Sophomore John Hooper and senior Emily Tolley "have fun" in Civ. Gov. Most students found it quite hard to adjust in a new teacher after Mrs. Thomas' retirement.



"It has been an honor to serve as president of such a talented group of people."

-Emily Tolley
Senior



Mr. Andy Coffman



After Mrs. Thomas' unfortunate retirement last year, Mr. Andy Coffman was given the hard task of filling her shoes.

ROLLING * STONE

Check it out:

'02-'03 Top of the Charts

Survey

How Well Do

You Know

Jing Chen?

CANDID

SHOTS OF

VHS BAND

Paw Power

MEMBERS

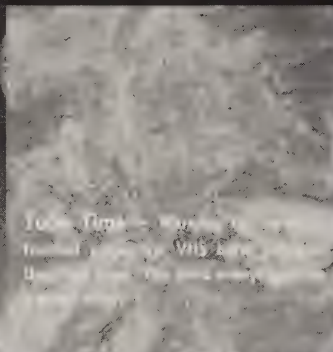
Starts

Here

* Mr. Hobson *

Featuring a quote from your
favorite teacher

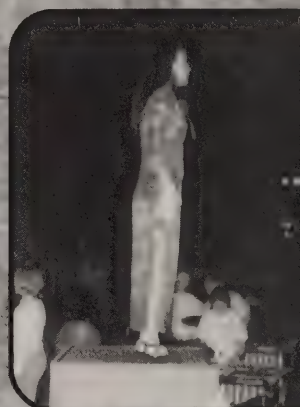
ROLLING * STONE



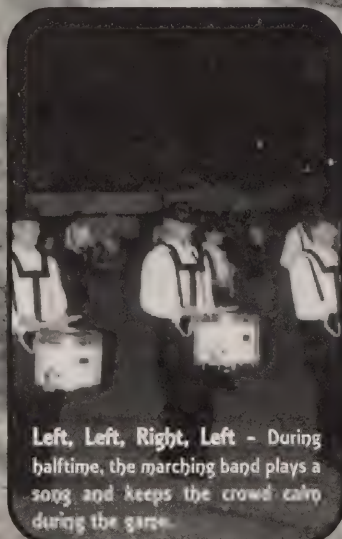
All Rise - Playing with the marching band, junior Jer Hayter plays with enthusiasm to get the crowd involved.

Land Of The Free - Opening with the Star-Spangled Banner, junior Ashley Adams keeps the band on beat.

1 and 2 and 3, Go! - Holding out the suspense, senior Jim Chen, the drum major, waits to strike up the band.



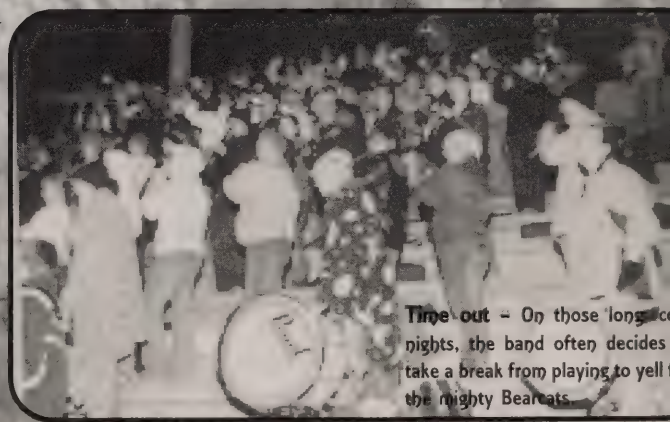
"Music is the key to one's sole"



Left, Left, Right, Left - During halftime, the marching band plays a song, and keeps the crowd calm during the game.



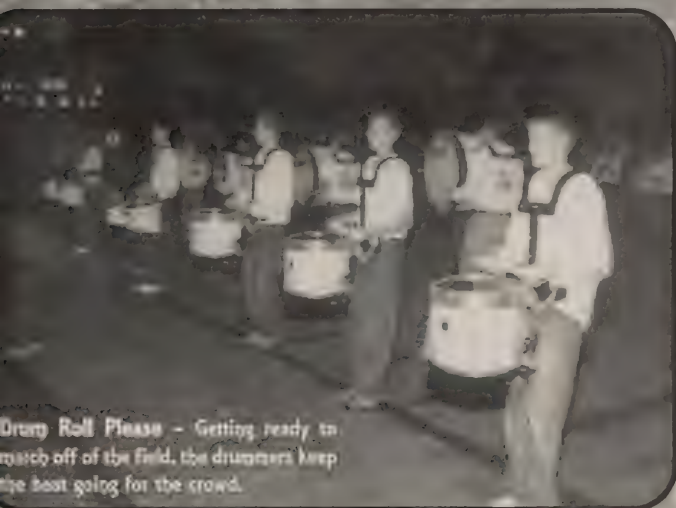
Waving Them High - The colorguard worked hard all summer long, and finally got to show the crowd that their hard work paid off.



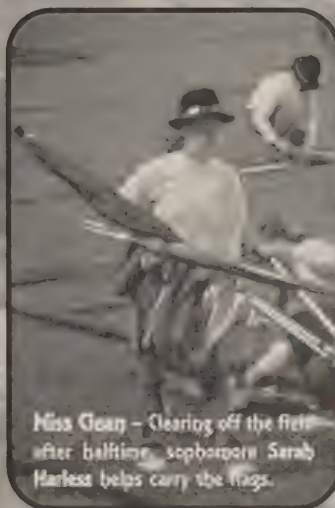
Time out - On those long nights, the band often decides to take a break from playing to yell to the mighty Bearcats.

Hot In Here - At the VT bonfire, the band plays the fight song while the senior football players throw the viking into the fire.

First Place - The VHS band plays at halftime, but uses this performance as a practice for their competition on the following day.



Drum Roll Please - Getting ready to march off of the field, the drummers keep the beat going for the crowd.



Miss Clean - Clearing off the field after halftime, sophomore Sarah Harless helps carry the flags.



Drummer Boy, Drummer Boy - Getting ready for halftime, juniors Grant Jones and Matt Foe lead the band onto the field.



Top of the Charts



Top Selling Artist

1. Nelly
2. Jennifer Lopez
3. Missy Elliott
4. Eminem
5. 50 Cent
6. Dixie Chicks
7. B2K
8. Kid Rock
9. Ludacris
10. Ja Rule

Top Selling Song

1. Ignition (Remix)
2. Picture
3. In Da Club
4. Bump, Bump, Bump
5. Gossip Folks
6. Beautiful
7. Wanksta
8. Cry Me A River
9. All I Have
10. Mesmerize

Top Selling Soundtrack

1. 8 Mile
2. Sweet Home Alabama
3. XXX
4. Moulin Rouge
5. Blue Crush
6. 40 Days & 40 Nights
7. Oceans 11
8. American Pie 2
9. Lord Of The Rings
10. Fast And The Furious



Jing Chen

Drum Major

Stance

100 Miles from
to a Great
Body

What is in the
Socks?



Stance

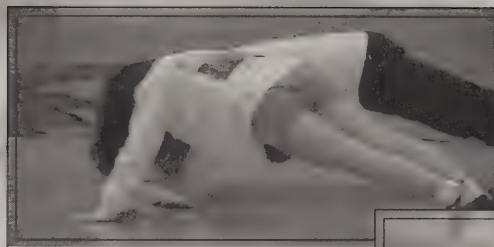


P.E.

Exercizing -
Is it
worth it?

Warm Ups-

Remember, ten push-ups a day, keep the doctor away! Freshman **Margaret Puglisi** works her arms in this exercise.



Stretchin' Out- Freshman **Sarah Emory** takes a seat to grab her toes. Students always stretch their muscles before games to avoid pulling them.



Do the Pretzel- This stretch is easy for freshman **Brandon Kelsey**. A cross over the leg and a simple twist can do much for stretching the back of the legs.



Gotcha- This game is a favorite for many students. Sophomore **Gang Chen** shoots for a basket.



Bye Bye Birdie- Getting ready to serve the birdie, freshman **Sam Lenisky**, anticipates an ace. Students get to play a variety of fun games like badmitten in gym classes.



Crunch Time-

Who ever said gym was all play and no work? Freshman **Sam Lenisky** does crunches galore.



Newsbytes



Smiling for the camera, freshman **Sterling Hammond** grabs a hoola hoop.



"My favorite thing about gym is swimming, because we get to do whatever we want." - **Ashtyn Waldron**



With a hoola hoop and football, freshman **Josh Miltier** works his magic.



"My favorite thing about gym is the free days because we get to play basketball." - **Gang Chen**

Are you a slacker?

You have a history test tomorrow afternoon that may affect your grade. You:

- ▲ Come home and study for about an hour.
- Put it off until lunch tomorrow. You'll have 25 minutes to study anyways.
- ✱ No sweat. You've already study for this test, duh!

The parents are coming home late tonight, so you have to make dinner. What's it gonna be?

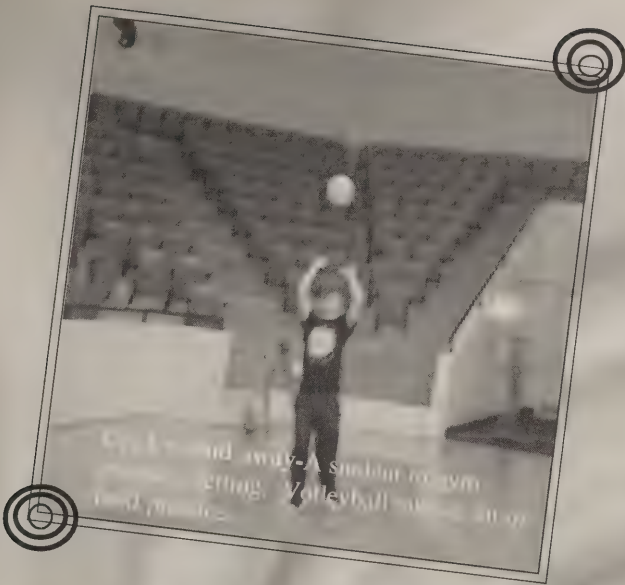
- ▲ Lots of macaroni and cheese. Totally swift and simple.
- Pizza from Papa John's, no cooking, no cleaning, no problem.
- ✱ This awesome recipe you got from the cooking channel (and you better start now).

Your parents allow you to have a cell phone because you pay for the bill. The first bill is due in a week. You:

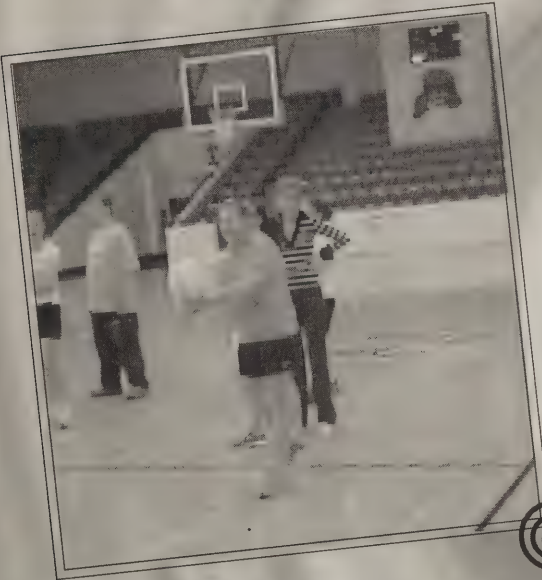
- ▲ Realize you need money, and accept all jobs from your friends and neighbors.
- Consider scrounging for money, but decide that a week is far away anyways.
- ✱ Write a check, stick it in an envelope, and mail. You're glad you saved up after all.

Survey says...

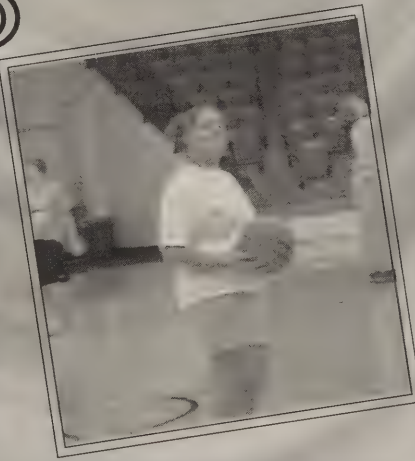
- ▲ You have just the right amount of slacker, non-slacker skill to get by. At least you can do it.
- You are the prime definition of slacker. Hello, get a grip!
- ✱ Slacker? Are you kidding? You don't even know the word. Your motto is, "The early bird gets the worms!"



Heads up- Freshman Morgan Smith is about to serve. Volleyball is another entertaining sport for students on free days.



Freshman Karissa Skeeps gets ready to show a few moves with a basketball.



Cheese- Sophomores Julie Booher and Clyde Nophlin take a minute to pose for the camera.



Up and over- Students are on the floor for this stretch. For strenuous activities, students must stretch their legs.

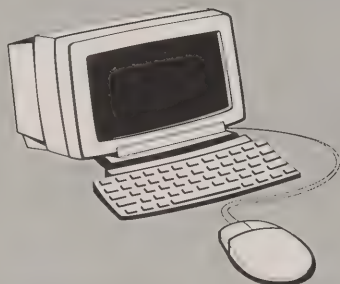
How well do you
know marketing?

Quiz Inside!

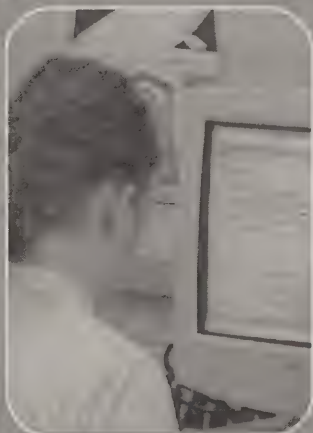
How many kinds
of marketing?

State and National
DECA

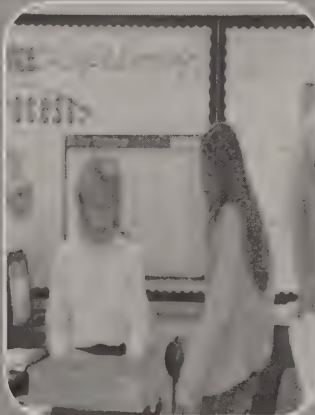
Marketing today!



Attention, Attention- Working hard and focusing their attention to their task, **Mrs. Dean's** internet marketing class tries hard to complete their assignment on time.



Working Hard- While working to complete an assignment, **Mrs. Adkins** helps **Thomas Buchanan** figure out the correct answer.



"Fashion Marketing has been a great way to express my creativity in a positive manner."

-Tara Tester

Quiz

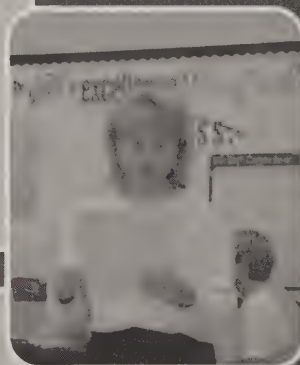
1. What is the first step in the marketing process?

2. What is the second step in the marketing process?

3. What is the third step in the marketing process?

4. What is the fourth step in the marketing process?

5. What is the fifth step in the marketing process?



6. What is the sixth step in the marketing process?

7. What is the seventh step in the marketing process?

8. What is the eighth step in the marketing process?

9. What is the ninth step in the marketing process?

10. What is the tenth step in the marketing process?



11. What is the eleventh step in the marketing process?

12. What is the twelfth step in the marketing process?

13. What is the thirteenth step in the marketing process?

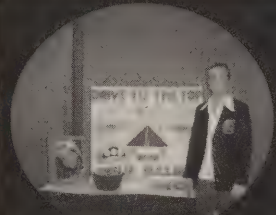
14. What is the fourteenth step in the marketing process?

15. What is the fifteenth step in the marketing process?





We made it- Through all their hard work and determination, Cordell Carrier, Junior Leslie Sullins, and Senior Charlie Bussey qualify for Nationals in Orlando, Fla. Of course if this being such a prestigious event, the competitors are required to dress up in slow their more "business-like" style.



Vote Here!- While at the State competition, Junior **Leslie Sullins** was voted as an officer. She has been a significant addition to the DECA program at Virginia High School.



The team players- Working hard all year has brought **Leslie Sullins, Charlie Bussey, Chris Horner, and Cordell Carrier** to the state D.E.C.A. competition. Many students from all over Virginia come to compete, but only a select few make it to nationals. "Going to state and nationals with D.E.C.A. was extremely fun, and from there events i brought back many lasting memories and built many friendships."

-Leslie Sullins



LOOK!- Sowing off their trophies, Seniors **Cordell Carrier** and **Charlie Bussey** are proud of what they achieved. They are honored to have placed so high in their last DECA competition.

The bosses are here- The students are not the only people who work hard all year, because **Mrs. Lisa Dean** and **Mrs. Sharon Acuff** know what it takes to do your best. All year long they prepare their D.E.C.A. students for the state and even national competition. "D.E.C.A. provides students with the opportunities that cannot be matched in the classroom."

-Mrs. Dean



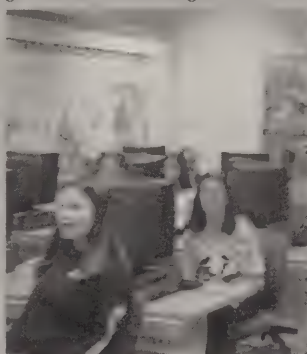
PC World

True Business Quiz

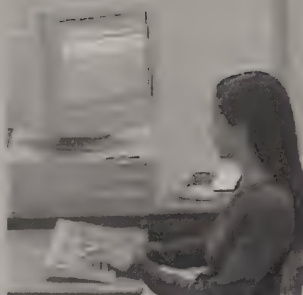
Great New Learning Experience

"Class Effort!"- Couch Adams Adv. Ecology class uses there business skills to locate and work on assignments through the computer. It is true that business courses are useful in several different types of classes and even jobs.

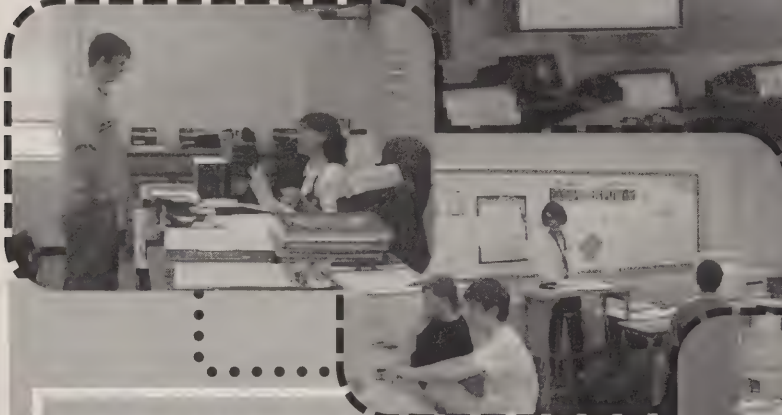
"Work Before We Play!"- This class works hard to complete work in order to attend sporting events that take place after school. The business classes also offer knowl- edge about time management.



"I'm Completely Lost!"- Although the business classes are considered electives, some students still find the courses more difficult. As you see, even Junior Jerry Goodpasture may sometimes get lost in her work.



"What Assignment Should I Do Next?"- Listening and learning quietly, Megan Evans starts many new adventures using her business abilities. Life is much easier with computer and business skills!



TRUE BUSINESS QUIZ

All of the following are characteristics of a sole proprietorship except:

- a business owned by one person.
- owner has control of the business.
- a separate legal entity.
- small owner operated business.

Acquiring long-term assets necessary to operate the business is called a(n):

- financing activity.
- operating activity.
- revenue activity.
- investing activity.

Which of the following business entities raises funds by selling shares of common stock?

- a sole proprietorship.
- a partnership.
- a corporation.
- all of the above.

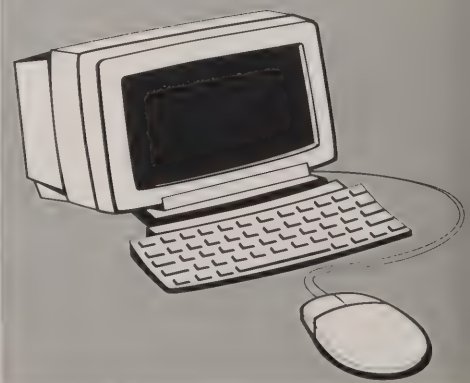
The term used to describe the total assets that Hershey receives in exchange for its candy is:

- cash.
- revenue.
- inventory.
- accounts receivable.

All of the following are characteristics of a corporation except:

- it is a separate legal entity.
- ownership is evidenced by shares of stock.
- owners have limited liability.
- it is difficult to transfer ownership.
- none of the above.

"The Masters Behind the Scenes!"- From left diagonally down: Mrs. McClanahan; Mrs. Siegel; Mrs. Fuller; and not pictured: Mrs. Burke.



Business Tech



"Pay Attention!"- Although this senior business class looks as though they aren't paying much attention, they have learned several business traits through Virginia High's vocational programs. Several students say it would be difficult in many important classes if they had not had the typing experience offered in classes such as CIS, Desktop Publishing, etc.

"Concentration is the Key!"- Staying hard at work, Freshmen Janice Green focuses on the task at hand. Starting early in the business world may later open doors to the future.

"Line 'em Up!"- As these five students stay busy and sometimes even frustrated, they know that they are learning valuable lessons that will help them later in life. It is important that these classes are offered to the students early on so they may figure out what they want to do in the future.

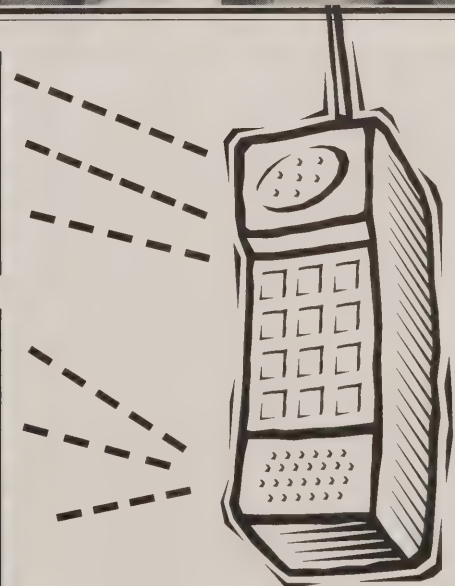
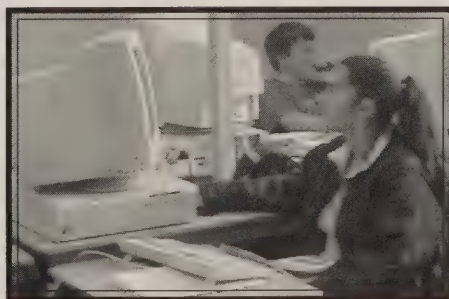
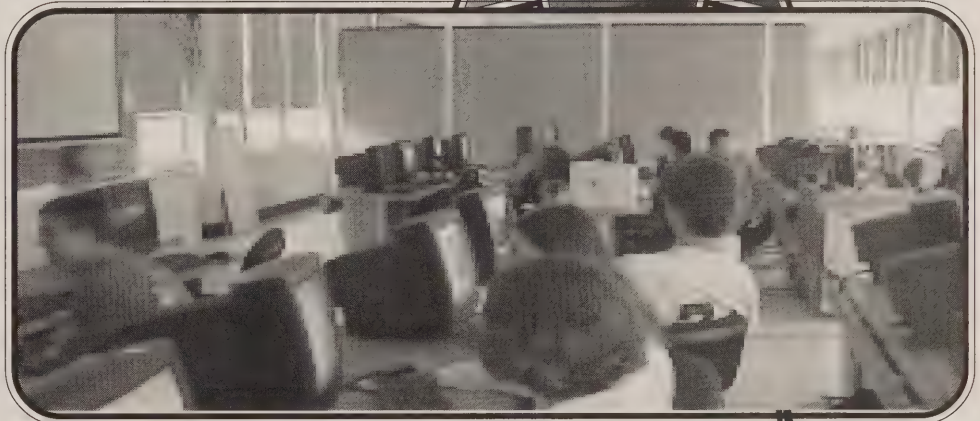
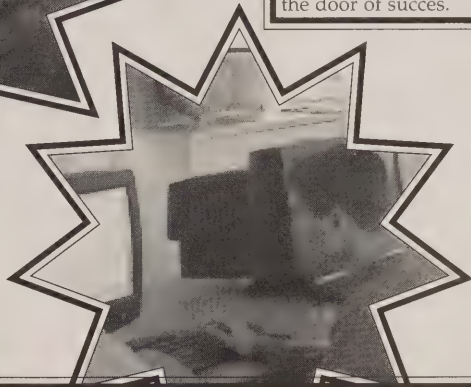
"I UNDERSTAND!"- While completing an assignment, Junior Amy Smith stays content on getting things done. Students must always be determined when learning about business topics.



"Pause For a Quick Pic!"- During a computer class, Senior Nick Curcio takes a moment to smile for the camera. This young man will have several opportunities to do well in the business world.

"Listen up!"- Listening calmly, Sophomore Melissa Sullivan pauses to understand assignments. To learn about business, one has to learn to listen and be patient.

"Hard At Work!"- Concentrating hard, Senior Brad Jones completes an important assignment. Some students use the computer classes as a key to the door of success.



Cosmetology



Tie me up - A student in Cosmetology devoted much of her time to styling this mannequin's hair. Twisted braids such as this can be very time consuming, as well as complicated.

A Good Part - While parting the hair, senior Cassie Connell figures out how she wants to style it. With so many different styles, students learn how to fix hair for any occasion.

Listen up - Cosmetology is not that easy. Students have statutory time to learn the basics of hair. Sophomore Brady Stoffer pays close attention to the discussion.

Stylin' - Cutting and styling hair is one of the many things learned in class. Junior Tiarra Watkins shows off her skill on the mannequin.

Curls Galore - Senior Crystal Riley sets her last curl in an attempt to perfect her perming techniques. Being able to select the correct curlers and position them accordingly is important to the perming process.

Practice makes perfect - Before trying on people, senior Deborah Ramey practices her Cosmetology skills on a mannequin head.





Perfect Model - A cosmetology student spent the period working on this hairstyle. Working in one period can be tough for difficult hairstyles like this.

Filing Down - Hurrying for the bell, Senior Kerrilynn Joris files Kelly Bushours nails to give them a finishing touch.



Steady Hand - Nail technology is an important aspect of cosmetology class. Many students asked others to do their nails for such events as the prom.

Keepin' Busy - Students work the whole period on either nails or hair. Keeping one's full attention on what she is doing can be difficult with everything that is going on around.



Mentor Mrs. Phelps



"The overall cosmetology program has been very successful. All of the students passed their stateboard exam as far as we know. Overall, we have had a lot of fun in all of the classes."



Courtney White says "I think Cosmetology is a great program. It's a great opportunity to emphasize on skills you didn't know you had."

How do you feel about the Cosmetology Program?



"There's a lot more to know about hair than the naked eye can see. Cosmetology has been a great class, and Mrs. Phelps has been a great teacher" said Brandi Shaffer.

Creative Classroom

Who is your role model?

Who is your role model?

A Time To Discover

Zoned in—in fourth period, Michael Goodell focuses his attention on a movie. Movies provide a time in relief from the regular daily activities included in the curriculum.

Listen up—As Ms. Williams discusses the day's topic, Wayne Walsh and Jaime Hartsock listen attentively. Learning good behavior is a key to a successful life.



How caring are you?



1. Do you consider yourself to be a forgiving person?
2. Do you enjoy most movies with love stories or happy endings?
3. Do you enjoy the company of elders or even people sharing in common interests with you??
4. Do you enjoy receiving and giving cards to family and friends (even if they don't have money or a gift)?
5. Do you enjoy giving gifts to others?
6. Do you take care of a pet, and if so, do you enjoy doing it?

7. Do you often say "Thank you" when people do something for you, no matter how small?
8. Have you ever truly been in love?
9. Do you ever spontaneously do things for others, when you know you won't get anything in return?
10. Is it easy for you to tell everyone you care about that you love them and care about them?

If you answered the majority of the questions with a "yes," then you are a very caring character. If you answered the majority with a "no," then you should reflect upon your self-image.

Class in session—During classtime, students of the Special Needs class concentrate in order to complete work assigned by Ms. Williams.



Full of knowledge—In the library, Wilt Grier shares new information with his classmates from his research on the internet.

Anthony McCracken

"Scott Jones because he is a good man."

Michael Goodell

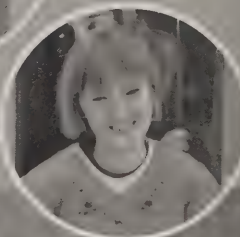
"Officer Mutter because he helps people."

Mandy Sproles

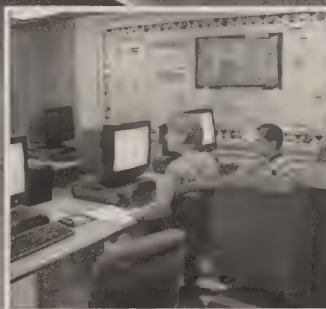
"Jason Meyers because he helps with the football games."



Who is role



creative classroom



Embracing Arms-Showing his appreciation, Wayne gives Mrs. Grizzle a hug. Students and teachers form bonds that last a lifetime.

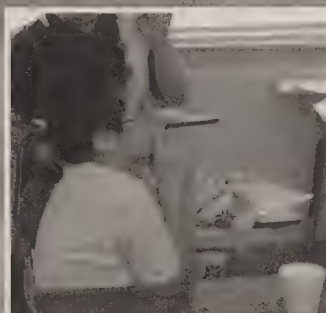
Vogue- Striking a pose, Wilt Grier serves as a welcome to the classroom. The students' friendly behavior is a positive addition to the school environment.

Computer Whiz-During computer time in the library, Happy Sproles concentrates on the computer screen. Computer skills are essential in the world today.

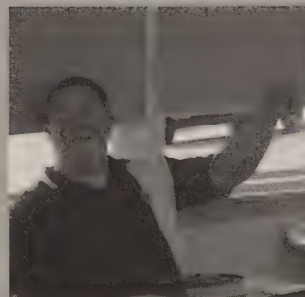
Trick or treat-On Halloween, the Special Needs class watched a scary movie for a holiday treat. Wayne zinges as he watches the movie in fear.



Helping Hand- At a computer in the library, Mrs. Grizzle passes on her knowledge to Joey Brooks. Computer technology is an exciting part of the curriculum for this class.



Watching the tube- Showing his attentiveness, Joey Brooks watches a movie in Ms. William's sixth period class.



Teacher for the day- With a smile on his face, Jaime Hartsock explains a new fact to his fellow classmates. Student interaction is an important element in Special Needs.



your model?



"Barry Bonds because he is a good baseball player."

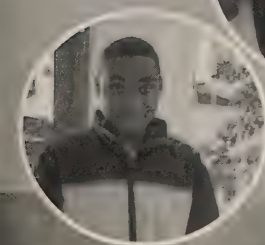
Jaime Hartsock

"Coach Daniels because he has an office."

Wilt Grier

"Goku"

Britt Daniels



Parenting



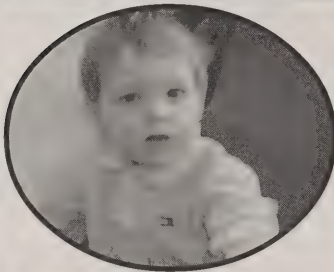
Emily Bolling



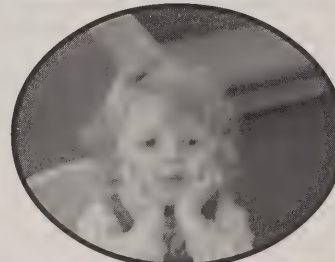
Mrs. Lavern



Ryan Blankenship



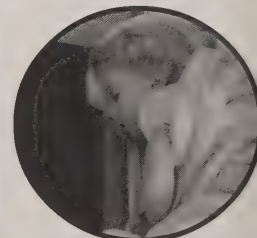
Alex Adkins



Alexia Hale



Nicholas Fuller



Rock-A-By Baby... Getting ready for nap time, Mrs. Lavern attempts to rock Emily Bolling to sleep. Sometimes getting the kids to sleep can be a challenge.

Ring around the Rosey... Right before nap time, Ms. Gneau, gathers the children around for a group shot. Sometimes it is hard to get them to stand still all in one place.

I'm A Yankee Doodle Dandy... Trying to find something to do, Alex Adkins stops to think. The kids always try to find something interesting to do.

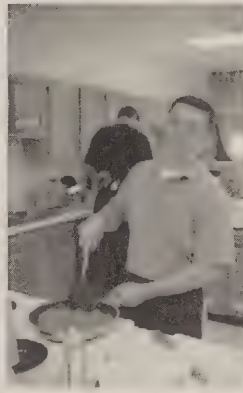
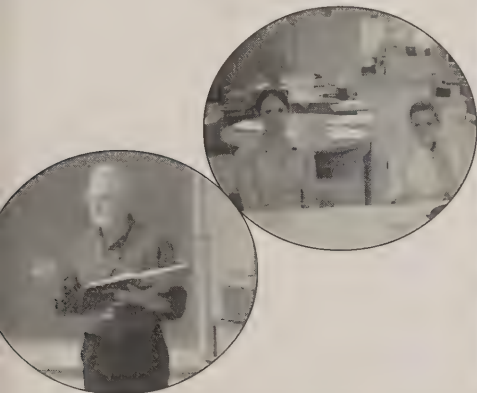
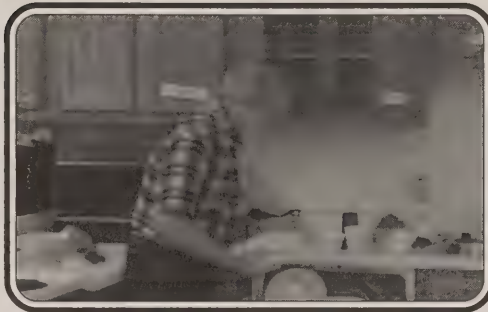
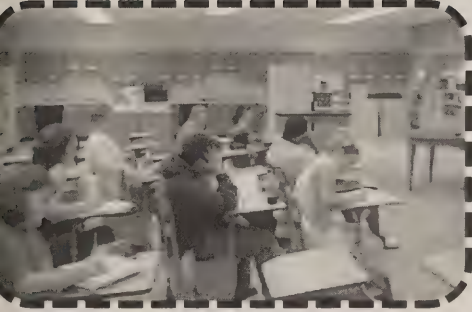


One Step At A Time... Sitting on the stairs, Alex Adkins sits with Ryan Blankenship behind him. These two boys often play together in childcare.

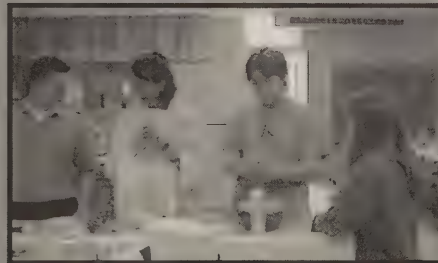
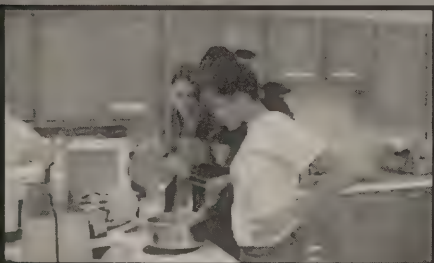
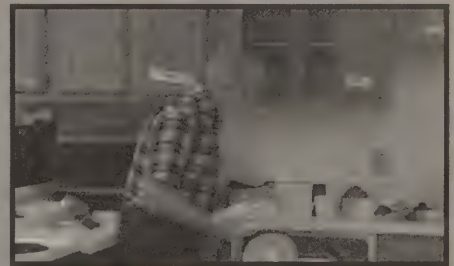


I'm just resting... Pouting on the floor, Alexia Hale curls up in a ball to show her frustration. Sometimes when toddlers become over zealous they must be disciplined by the providers.

Cuisine



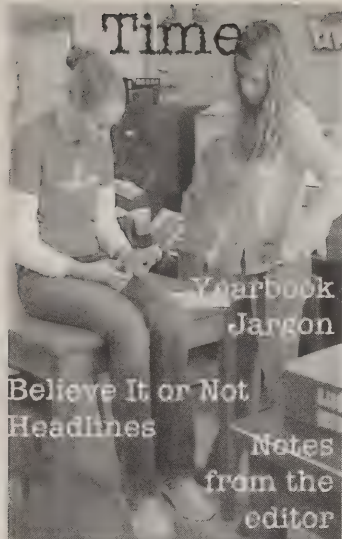
How Many Ingredients does it call for?...Working diligently, sophomore Isreal Shankle looks up recipes. Part of culinary arts is studying recipes and the ingredients they call for.



Preheat to 350...Stirring carefully, freshmen Jennifer Tucker, Adrian Scott, and Kim Gardner make potatoes. Working in groups often helps students feel more comfortable in the kitchen.

Listen up...While cooking during class, Mrs. Sharp assists the students to make sure everything goes correctly. Making sure all the right ingredients go into the mixture is a key element when cooking.

I've got the sauce...During her culinary arts class, Danielle Leonard gets out the sauce to make pizza. The on hand experience that culinary arts students receive, enhances their understanding of necessary cooking concepts.



Yearbook Jargon

Believe It or Not Headlines

Notes from the editor

Believe It Or Not: Headlines That Made The News

★★★★★★★★★★

Something Went Wrong In Jet Crash, Expert Says

★★★★★★★★★★

Cyclone Sips Through Cemetery Hundreds Dead

★★★★★★★★★★

Include Children When Making Cookies

★★★★★★★★★★

Bed Tape Holds Up New Bridge

★★★★★★★★★★

Stranded Cow Injures Farmer with Ax

★★★★★★★★★★

Two Sisters Reunited After 18 Years in Chicago Counter

★★★★★★★★★★

Kids Make Noxious Snacks

★★★★★★★★★★

British Union Finds Workers in Short Supply

★★★★★★★★★★

Irish Head Breaks Arms

★★★★★★★★★★

Survivor of Blame Game Twins Joins Parents

★★★★★★★★★★

Local High School Dropouts Cut In Half

★★★★★★★★★★

New Study of Obesity Looks for Larger Test Group

★★★★★★★★★★

Man Struck By Lightning Faces Battery Charge

★★★★★★★★★★



Ginni Vance - Executive Editor

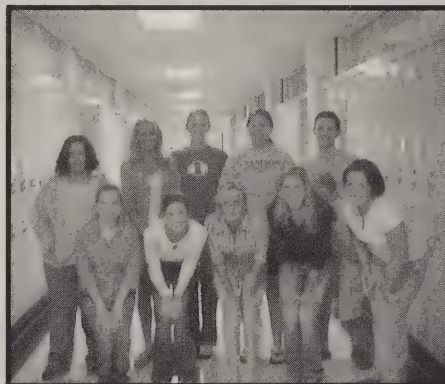
"I really enjoyed being the editor of The Virginian this year. I feel as if we have accomplished a lot. The yearbook is going to be great!"

Journalism I - This class is designed to introduce students to the basic concepts of yearbook design. They are actively engaged in such activities as writing copy, captions and lead-ins. Basic computer skills and techniques are studied as a basis for future spread designs.

Yearbook III



Leah Rosser - not pictured due to knee surgery.



Journalism II and III - These advance classes implement and construct comprehensive designs on the computer. They learn how to creatively design spreads using many different skills available on the computer. They also edit first year designs and copy.



Journalism I - Ellen Tidwell

"Journalism is one of my favorite classes! It is a fun class that requires a lot of work and patience. It was a great experience and I can't wait to take Journalism II next year!"



Journalism II - Julie Ward

"I really enjoy being a member of the yearbook staff because it allows me to use skills I cannot develop in other classes. I also feel honored to be able to help in the production of the Virginian and to work with a great teacher!"



Journalism III - Amber Dunn

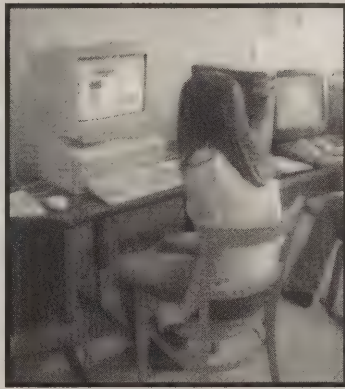
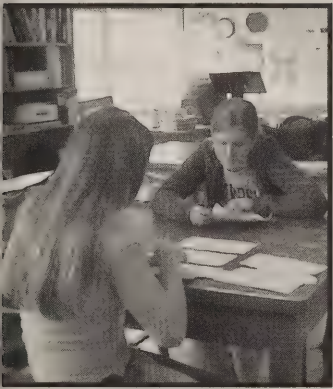
"Being in Journalism is an awesome experience. You get to be a part of making the yearbook for everyone's enjoyment. Mrs. Palmer is an awesome teacher also, everyone should join Journalism!"

TIME



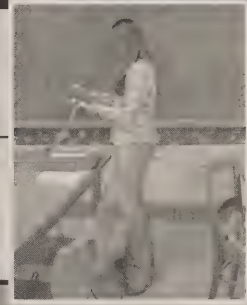
"Being the sponsor of yearbook is a rewarding experience each year. The students are incredibly talented and creative. They learn many attributes of planning and designing spreads that will help them with future endeavors in a publication curriculum. These students are much like my children. I love and appreciate all of their hard work."

Kristen Palmer, Yearbook Sponsor

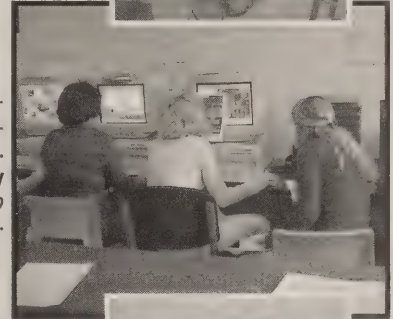


Executive Editor - Ginni Vance (*Journalism III*)
Supervising Editor - Emily Tolley (*Journalism III*)
Co-Editors - Julie Ward (*Journalism II*) and Lauren Hughes (*Journalism II*)
Design Editor - Summer West (*Journalism III*)
Art Editor - Devin Williams (*Journalism II*)
Student Life Editor - Leah Rosser (*Journalism III*)
Sports Editors - Christian King (*Journalism III*) and Anna Stringer (*Journalism II*)
Academic Editors - Maggie Davis (*Journalism III*) and Lauren Haynes (*Journalism II*)
People Editor - Haley Meade (*Journalism III*)
Ads Editors - Tad Giles (*Journalism III*), Morgan Sharp (*Journalism II*), Gwen Massie (*Journalism II*), and Amber Dunn (*Journalism III*)
Marketing Editor - Amber Dunn (*Journalism III*) and Sara Harrison (*Journalism II*)
Photo Editors - Liz Browning (*Journalism III*) and Chelsea Wilson (*Journalism II*)
Reporters - Brandon Pruett (*Journalism I*), Ellen Tidwell (*Journalism I*), Natalie Wilson (*Journalism I*), Tiffany Williams (*Journalism I*), and Tara Tester (*Journalism I*)

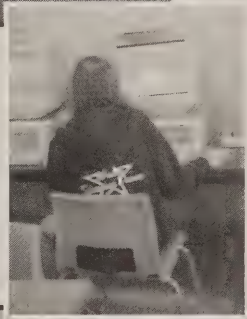
Cropping: Cropping pictures is extremely important in Journalism. Senior **Leah Rosser** crops her pictures in order for them to fit on the spread.



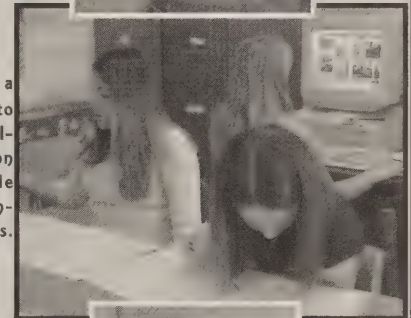
Submission: After finishing the spreads, they are prepared for submission. Mrs. **Palmer** helps Senior **Haley Meade** check her spread in order to be sent to the plant.



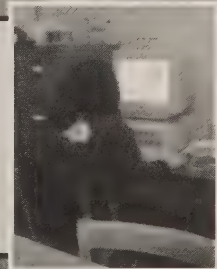
Page Wizard: In order to start a new page, students must open a template. Senior **Amber Dunn** is shown here getting a headstart on her DayCare/Culinary Arts spread.



Click-n-go: If a student has a "design block" they may turn to click-n-go. Sophomore **Tiffany Williams** uses it for a little inspiration on her academic spread while Sophomore **Ellen Tidwell** and Junior **Natalie Wilson** search for names.



Deadline: Often students rush to complete deadlines. Senior **Ginni Vance** is seen here putting the finishing touches on her senior baby pictures pages.



Advertising: Advertising is essential for yearbook sales. Seniors **Tara Tester** and **Sara Harrison** go through class roles searching for students who still need to buy a yearbook.



You may not consider yourself,
But you may very well be
A leader, a winner,
For all the world to see.

In the eyes of others,
You are a martyr.
You have received recognition,
And you have worked harder.

But why? Why all the praise?
I have done nothing but kept my word,
To a dear friend who needed me,
In every incidence that occurred.

But friend, I tell you, you are a hero.
You helped me see the light.
When I had no eyes,
You saved me, and you were my sight.

Memories

last a lifetime

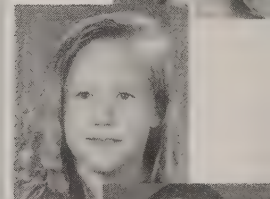
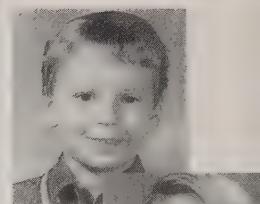
Excitement and fear fill our hearts.
Soon a new way of life will start.
Thirteen years have almost past.
We've been through it all.
And realized who are true friends are.
The one that was there.
When no one else seemed to care.
But in our mind the memories last.

So as our senior year comes to an
end.
I want to say, thanks for being a
true friend.

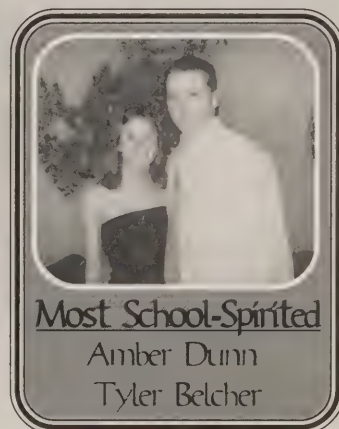
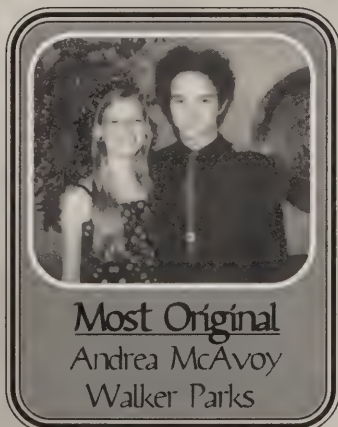
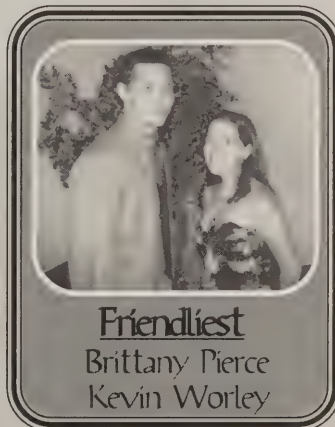
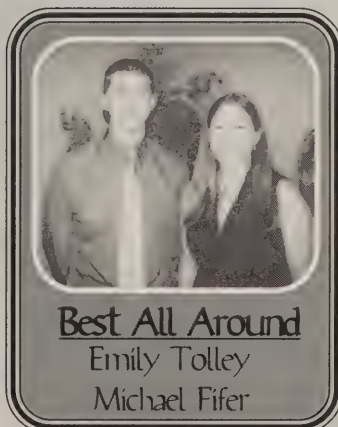
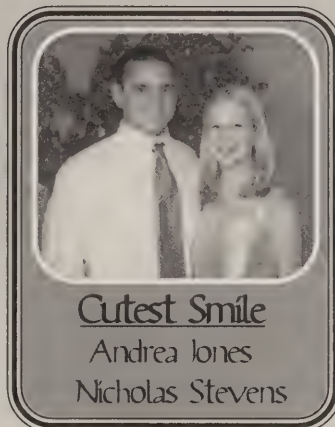
Friendship isn't always easily described. The Eskimos, they say, have a hundred different words for snow. Unfortunately, the English language isn't quite as innovative, though it has vast opportunities to differentiate meaning. Certainly, Love is one of those opportunities. And so, too, is Friendship.

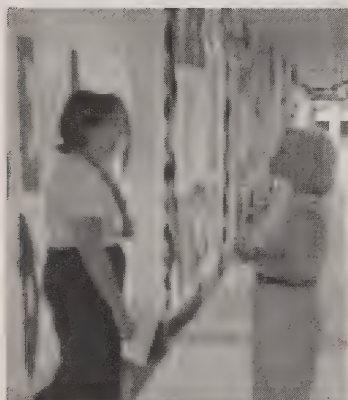
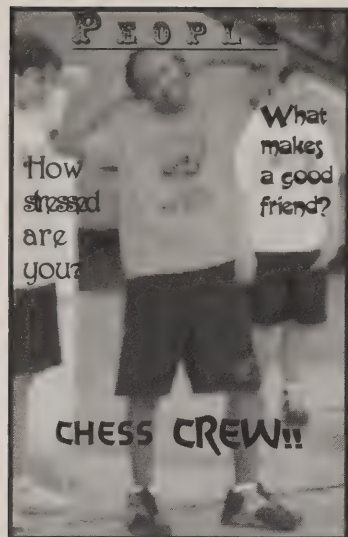
Instead of different words, however, we're stuck with simple adjectives. Close friend. Best friend. Childhood friend. Intimate friend. Trusted friend. Beloved friend. But whether you use adjectives or different words, few could deny the nearly infinite meaning in such a simple word.

Friends are special people. We can't pick our family, and we're sorely limited in the number of them at any rate. Society and mores (and often our own conscience) dictate we select a single mate. But our friends can be as diverse and infinite as the adjectives we choose. Our friends, in a very real sense, reflect the choices we make in life.



20 Senior Superlatives 03



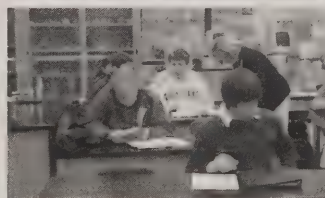


Lunch Bunch- Enjoying the nice weather, this group decided to eat their lunch outside. Many students during their lunch gather outside to play hacky sack.

Bearcat Pride!- Showing their school pride sophomores Ellen Tidwell, Mekesha Issacs, and Molly Salyer wear their team sweatshirts. The girls usually wear their sweatshirts on game days.



PEOPLE



The Breakfast Club- These students take a moment before channel one to socialize and catch up on last night's events. Friends are able to socialize before and after class.



Five in a Line- These five band members traveled to Chicago for a concert. The band has won many awards this year.





Group Work- Teacher, Mrs. Lawson and her three students work together on a project for their class. Many students enjoy working with others.



Pump Up the Volume- While working out during weight lab, junior Motiese Newton takes time out from the equipment to smile at the camera. Weight lab is an elective that strengthens the students both physically and mentally.



Best Friends- These two girls, sophomores Chelsea St. John and Sara Harless get together for a pic. They enjoy spending time together.



How Stressed Are You?

1. Would you say you catch a lot of colds?

- * Yeah. If there's a cold going around, I'll catch it without fail.
- * Not "a lot," but sure, I get sick sometimes.
- * I rarely catch colds.

2. Do you ever have a hard time falling asleep?

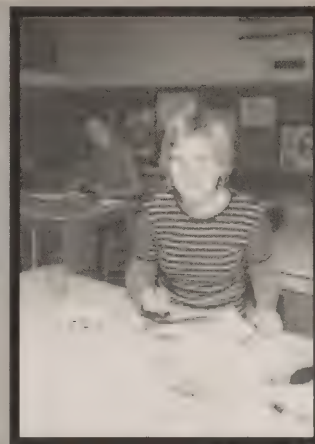
- * Only when I'm hopped up on soda and candy. Or if I've watched a scary movie.
- * Yes, I sometimes lie in bed awake for a while 'cause I can't stop thinking about stuff.
- * There may be things in life that I have heard time doing, but sleeping is not one of them.

3. How often would you say you feel "down"?

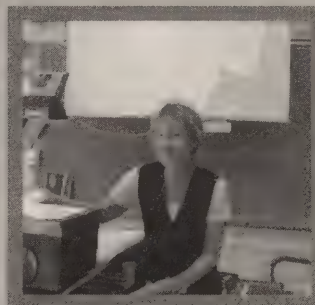
- * I'm down a lot.
- * I've been down before when sad things have happened and sometimes even when nothing sad has happened.
- * Totally. I am officially enjoying being just the age I am.



Iron Chefs- These girls enjoy cooking in their culinary arts class. Many students take this class as an elective.



Portrait of an Artist- Senior, Mina Agrell likes to express her creativity through Mrs. Simmon's art class.



A Pivotal Moment- Explaining an equation to her class, Ms. Melkowsky uses the overhead to help the students understand better.



Chat Time- Taking time from their work, sophomore Amber Smithson and junior Victoria Grogan talk about what happened throughout their day so far.



Wet and Wild- Junior Russell Waddell waves and smiles at the camera during swim practice.



Do the Hustle- The football team hustles out onto the field before a home football game.



Chess Crew- During lunch, many students go to the library to chat with their friends. This group enjoys playing chess during their break.

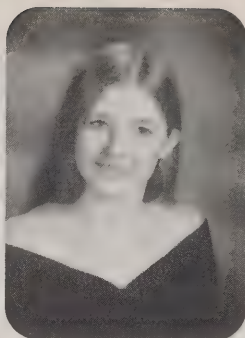
S



Benjamin Arnold



Tiffany Arnold



Rebecca Bagwell



Megan Balthis

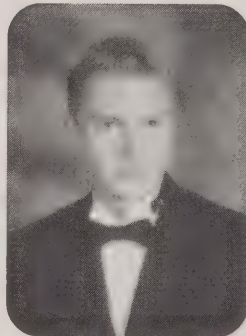


Tyler Belcher

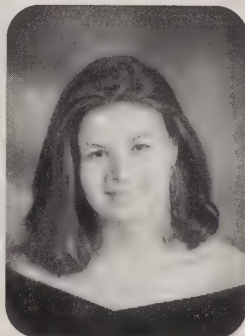
E



Sumayya Bond



Michael Booher



Deborah Boone



Tyler Braswell



Elizabeth Browning

N

I



Charlie Bussey



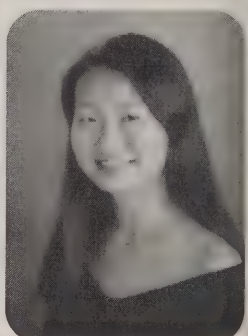
Gannon Byington



Cordell Carrier



Chris Chapman



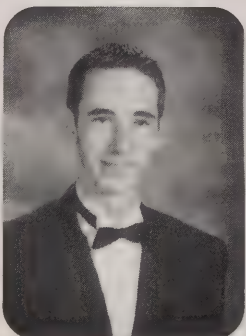
Jing Chen

O

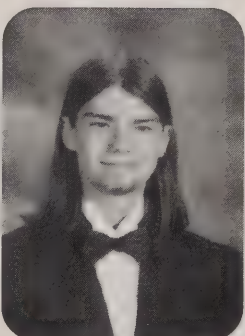
R



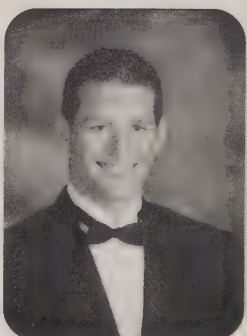
Jessica Childress



Chris Combs



Wes Copenhaver



Todd Cross



Jenny Cunningham

S

Jenny Cunningham

I will always remember playing frisbee outside by the lower parking lot after school.

My favorite teacher is Miss Hite. I love her enthusiasm and sense of humor.

I will miss having to fight my way through the crowded hallways.

I plan to go to college and be very successful in the future.

Practical, Prudent, Earnest, Disciplined, Patient, Careful, Humorous, Reserved, Productive

Capricorn

The Goat: December 22 - January 20

Ruling Planet: Saturn
Lucky Day: Saturday
Flower: Gardenia
Famous Capricorn: J.R.R. Tolkien



Jonathan Hill



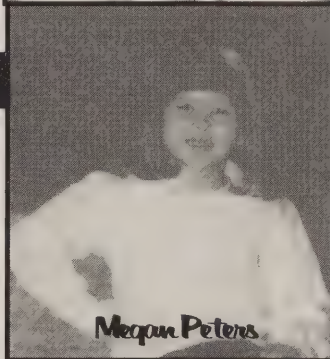
Amber Haylen



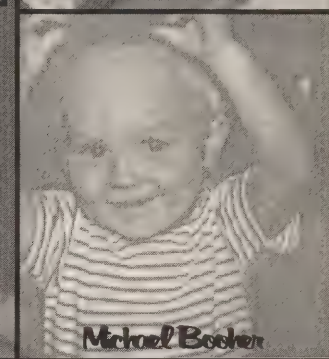
Ashley Dehart



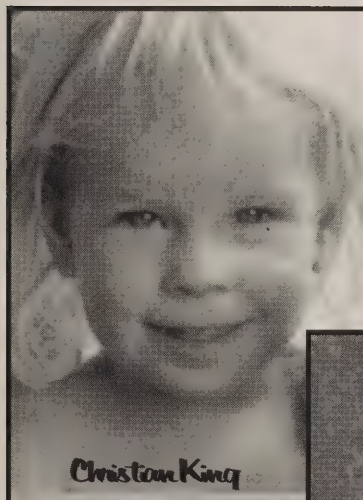
Chantel Shores



Mequan Peters



Michael Boshen



Christian King



Brett Davis



Will Dehart



Lauren Hanes



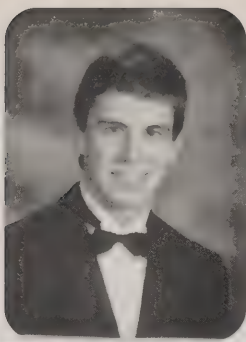
Shari Knight

Friendly, Honest, Loyal, Original, Inventive, Independent, Intellectual, Logical, Humane

Aquarius

The Water Bearer: January 21 - February 19

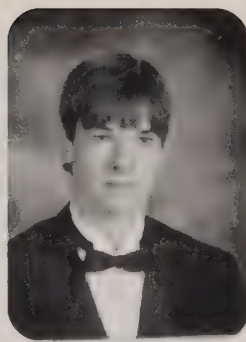
Ruling Planet: Uranus
Lucky Day: Saturday
Flower: Azalea
Famous Aquarius: Abraham Lincoln



Nick Curcio



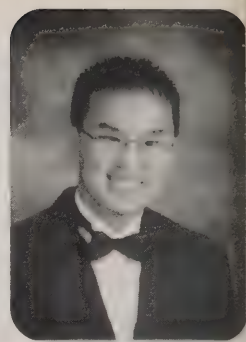
Abigail Daniels



Brett Davis



Maggie Davis



Jake Decker



Ashley DeHart



Jonathan Derden



Will Dickert



Amber Dunn



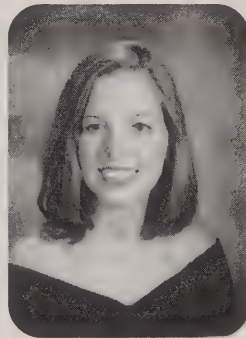
Misty Esterline



Kevin Fielder



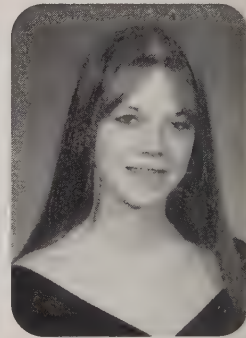
Michael Fifer



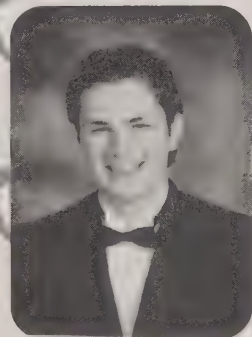
Rebekah Friend



Morgan Fritts



Brittany Fugate



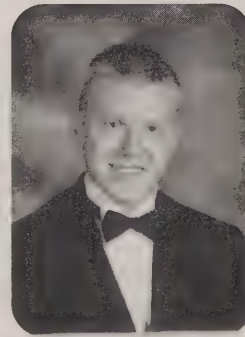
Tad Giles



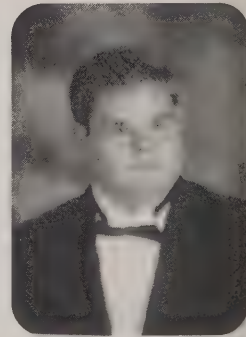
Gabriela Guapo



Stacy Guinn



Brandon Hall



Jonathan Hall

Jonathan Hall

I will remember turning 18 and realizing that high school is almost over.

My favorite teachers are Mrs. Dean and Mrs. Melkowski. They are great teachers.

I will miss my friends and going and hanging out with them at sporting events.

I plan on attending King College in the fall majoring in computer science.

Imaginative, Sensitive, Kind,
Compassionate, Selfless, Secretive, ●
Intuitive, Sympathetic, Idealistic

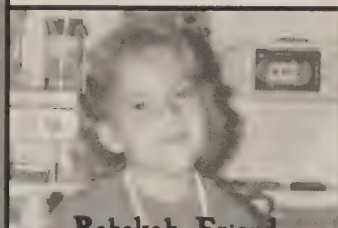
Pisces

The Fish: February 20 - March 20

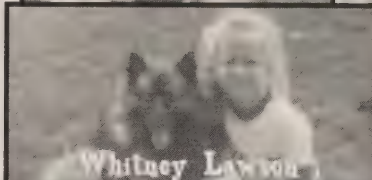
Ruling Planet: Jupiter
Lucky Day: Tuesday
Flower: Iris
Famous Pisces: Elizabeth Taylor



Judan O'Mara



Rebekah Friend



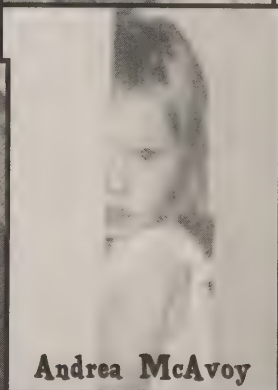
Whitney Lawton



Monica Hawkins



Carla Pippin



Andrea McAvoy



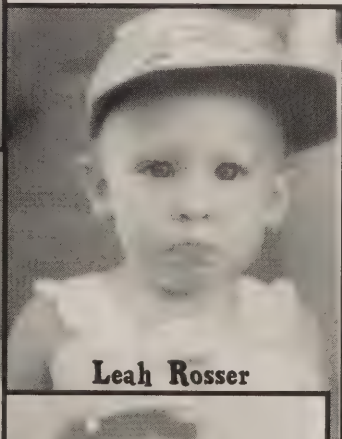
Melony Lewis



Josh Marion



Chris Combs



Leah Rosser



Ana Smith



Brad Jones



Rhoda Phillips

Adventurous, Energetic, Pioneering,
Courageous, Enthusiastic, Confident, ●
Dynamic, Quick-witted, Responsible

Aries

The Ram: March 21 - April 20

Ruling Planet: Mars
Lucky Day: Tuesday
Flower: Carnation
Famous Aries: Eric Clapton



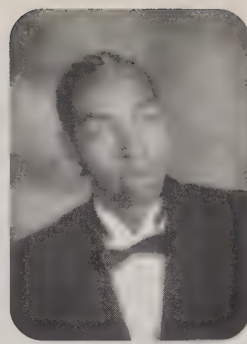
Chad Harris



Sara Harrison



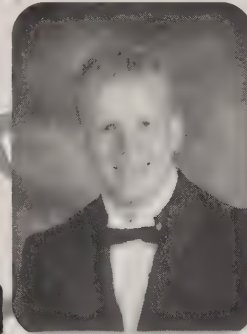
Amber Hayden



Chris Heath



Paulina Herrera



Clayton Hinson



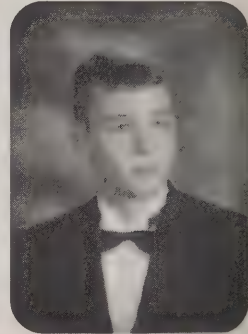
Amanda Hooker



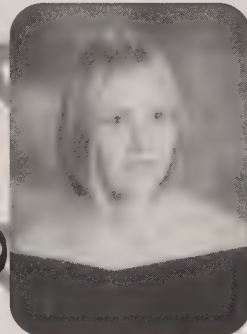
Kelly Hushour



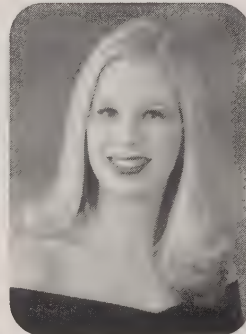
Perola Jacobson



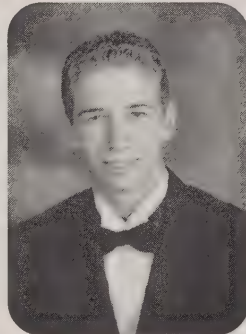
DJ Jamerson



SarahBeth Janson



Andrea Jones



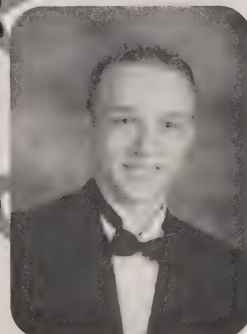
Brad Jones



Kerrilynn Joris



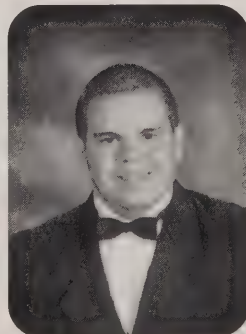
Christian King



John Kistner



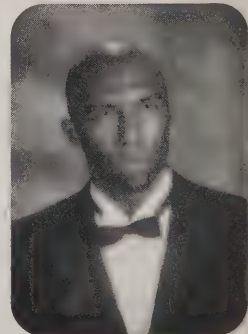
Tara Knowles



Hunter Lane



Whitney Lawson



CJ Lee

SarahBeth Janson

I will remember playing sports with all my friends that I have grown up with.

My favorite teacher was Mrs. Kristofek. She's always had faith in me to do my best in everything I do.

I will miss stuffing youngins in the trash cans!

I plan to go to college, play soccer, and become a physical therapist or a forensic scientist.

Patient, Reliable, Warmhearted,
Loving, Persistent, Determined, ●
Placid, Loyal, Practical, Prudent

Taurus

The Bull: April 21 - May 21

Ruling Planet: Saturn
Lucky Day: Friday
Flower: Lily
Famous Taurus: Jack Nicholson



Alex Littleton



Sara Musgrove



Sara Fugate



Jessica Childress



Brittany Fugate



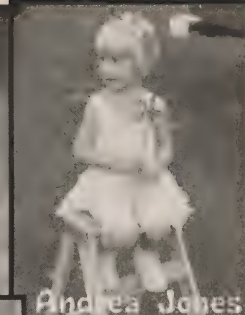
Randy Stoney



Morgan Fritts



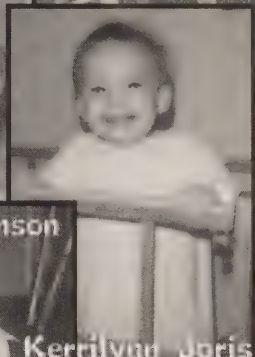
Tara Tester



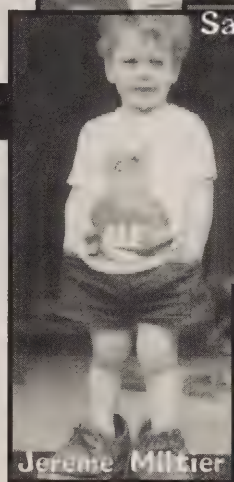
Andrea Jones



Adam Macke



Kerrilynn Joris



Jeremie Miltier



Sara Beth Janson



Shelli Wilson



Ryan Saunders

Adaptable, Versatile, Lively,
Communicative, Witty, Intuitive, ●
Eloquent, Youthful, Complex

Gemini

The Twins: May 22 - June 21

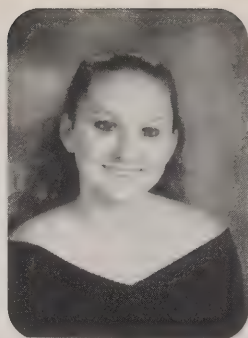
Ruling Planet: Mercury
Lucky Day: Wednesday
Flower: Daisy
Famous Gemini: Prince William



JESSICA LEWIS



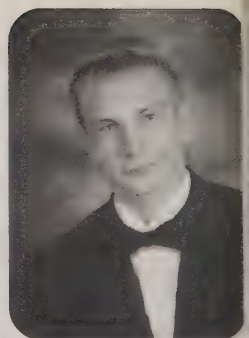
MELONY LEWIS



TABATHA LEWIS



ALEX LITTLETON



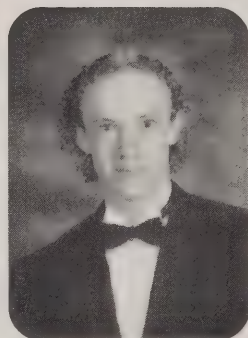
ADAM MACKE



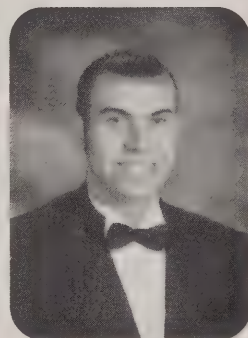
JOSH MARION



ANDREA MCAVOY



CHRIS
MCCONNELL



BRANDON
MCCRACKEN



MARYANN
MCCREEDY



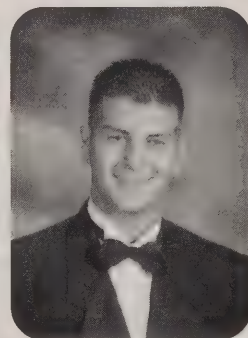
TROY
MCMILLION



HALEY MEADE



RICHARD
MENDEZ



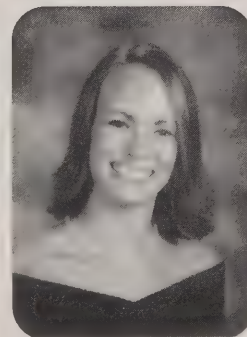
BEN MINK



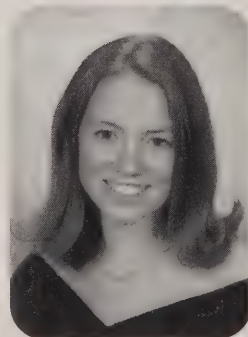
JENNIFER MONK



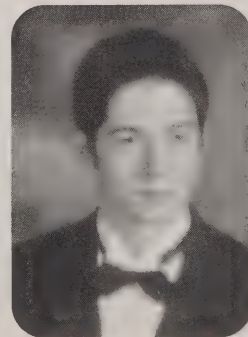
TORI MOONEY



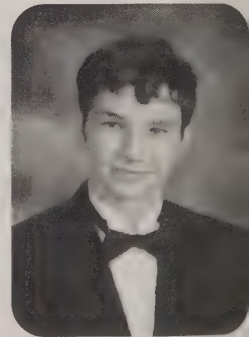
SARA MOORE



SARA MUSGROVE



BRENDEN O'HARA



WALKER PARKS

MELONY LEWIS

I WILL REMEMBER THE CONSTANT DRAMA BETWEEN NIKKI, MALLORY, JESSICA, MONICA, AND KERRILYN!

MY FAVORITE TEACHERS ARE MRS. ACUFF AND MRS. DEAN BECAUSE THEY ARE GREAT MAR-

I WILL MISS JUST HANGING OUT WITH EVERYONE FROM HIGH SCHOOL.

I AM NOT SURE WHAT I AM GOING TO DO IN MY FUTURE.

EMOTIONAL, LOVING, INTUITIVE,
IMAGINATIVE, SHREWD, CAUTIOUS, ●
PROTECTIVE, SYMPATHETIC, TIMID

CANCER

THE CRAB: JUNE 22 - JULY 23

RULING PLANET: THE MOON
LUCKY DAY: MONDAY
FLOWER: JASMINE
FAMOUS CANCER: TOM HANKS



TORI MOONEY



BECCA BAGWELL



ELIZABETH BROWNING



BRANDON HALL



BEN MINK



JENNIFER MONK



C. J. LEE

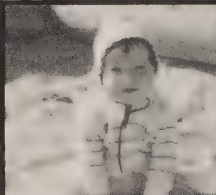
NIKKI MATHESIU



BOBBY SIMPSON



JING CHEN



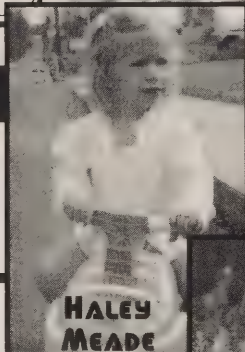
MAGGIE DAVIS



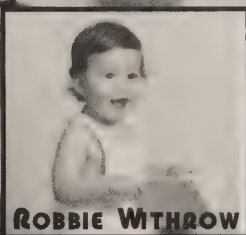
TYLER BELCHER



YATIN PATEL



HALEY MEADE



ROBBIE WITHROW



SARA HARRISON



JONATHAN DERDEN



ARAC KNOWLES

GENEROUS, WARMHEARTED,
CREATIVE, ENTHUSIASTIC,
BROAD-MINDED, EXPANSIVE, ●
FAITHFUL, LOVING, AMBITIOUS

LEO

THE LION: JULY 24 - AUGUST 23

RULING PLANET: SUN
LUCKY DAY: SUNDAY
FLOWER: SUNFLOWER
FAMOUS LEO: LUCILLE BALL



Yatin Patel



Megan Peters



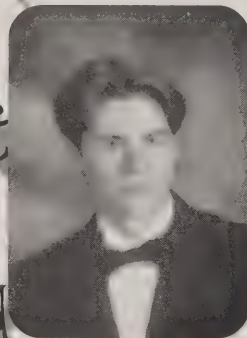
Brittany Pierce



Paul Pomrenke



Zak Poulton



Tony Puglisi



Deborah Ramey



Stephen Rest



Leah Rosser



Ryan Saunders



Chantel Shores



Bobby Simpson



Greg Simpson



Greg Slagle



Ana Smith



Ciarra Smith



Jessica Smithson



Audrey Sorensen



Kara Sproles



Randy Stamey

Leah Rosser

I will remember spending time with my friends and all of the football, basketball, and soccer games.

My favorite teacher is Mrs. Palmer. I've had her for all four years. Not only has she been a good teacher, but a friend also.

I will miss spending time with the people that mean the most to me and playing soccer with all the friends I've grown up with.

I plan to go to college and then to medical school, hopefully to become a doctor.

Modest, Shy, Meticulous, Reliable,
Refined, Intelligent, Analytical, ●
Diligent, Observant

Virgo

The Virgin: August 24 - September 23

Ruling Planet: Mercury

Lucky Day: Wednesday

Flower: Vervain

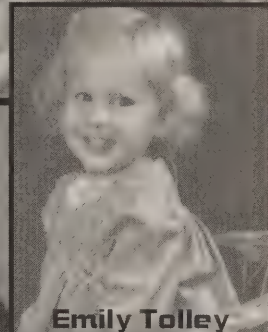
Famous Virgo: Mickey Mouse



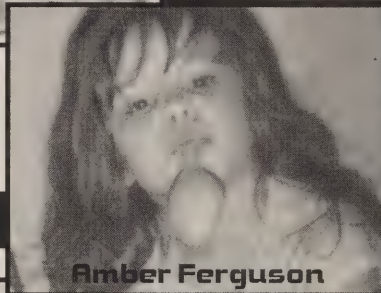
Ciarra Smith



Paul Pomrenke



Emily Tolley



Amber Ferguson



Charlie Bussey



Deborah Ramey



Nick Curcio



Zak Poulton

Diplomatic, Urbane, Romantic,
Charming, Easygoing, Sociable, ●
Idealistic, Peaceable, Impartial

Libra

The Scales: September 24 - October 23

Ruling Planet: Venus

Lucky Day: Friday

Flower: Rose

Famous Libra: John Lennon



Summer West



Mallory Lucas



Sara Moore



Kara Sproles



Audrey
Sorenson



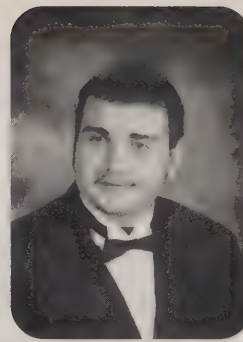
Anthony Swaner



Ian Tench



Tara Tester



Chad Thomas



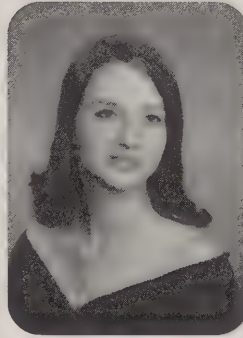
Emily Tolley



Ginni Vance



Whitney Waddell



Kristy Walling



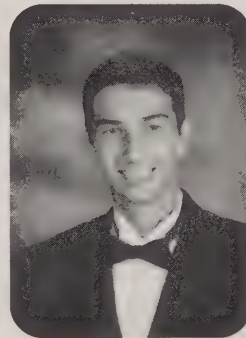
Summer West



Shelbi Wilson



Scott Wingard



Robbie Withrow



Lauren Haynes

Class of

2

0

0

3

Senior Picks

Class Colors -
Baby Blue and
White

Class Flower -
White Rose

Class Song - Dazed
and Confused by
Led Zeppelin

Dazed and Confused - Led Zeppelin

Been dazed and confused for so long it's not true

Wanted a woman, never bargained for you
Lots of people talkin', few of them know
Soul of a woman was created below, yeah

You hurt and abused tellin' all of your lies
Run around sweet baby, Lord how they
hypnotize
Sweet little baby, I don't know where you've
been
Gonna love you baby, here I come again

Every day I work so hard, bringin' home my
hard-earned pay
Try to love you baby, but you push me away
Don't know where you're goin', only know just
where you've been
Sweet little baby, I want you again

Been dazed and confused for so long, it's not true
Wanted a woman, never bargained for you
Take it easy baby, let them say what they will
Tongue wag so much when I send you the bill,
oh yeah, alright

Robbie Withrow

I think that I will always remember the football games and the fun I had with my friends.

Mrs. Melkowski was my favorite teacher. She is a great teacher to not only me but to many other students.

I will miss the chicken that we had everyday in the lunch room.

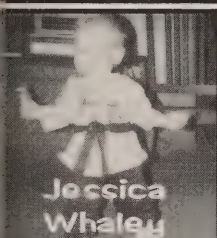
In my future I know that I will attend college.

Determined, Forceful, Emotional, Exciting, Powerful, Watchful, Intense, Profound

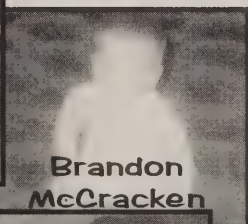
Scorpio

The Scorpion: October 24 - November 22

Ruling Planet: Mars
Lucky Day: Tuesday
Flower: Orchid
Famous Scorpio: Bill Gates



Jessica Whaley



Brandon McCracken



Michael Rifer



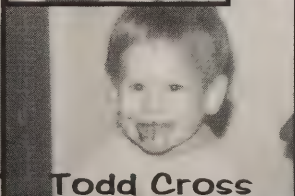
Misty Esterline



Tiflany Arnold



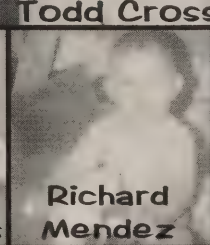
Stacy Guinn



Todd Cross



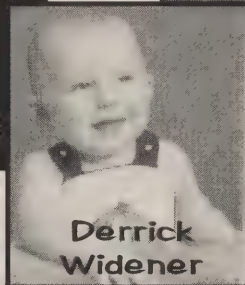
Jessica Lewis



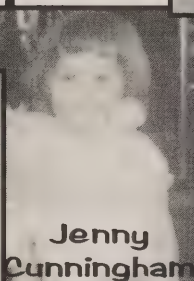
Richard Mendez



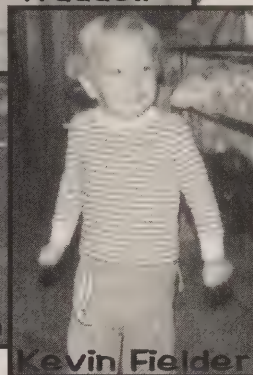
D. J. Jamerson



Derrick Widener



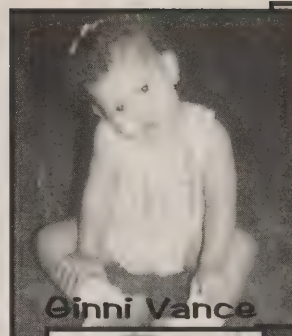
Jenny Cunningham



Kevin Fielder



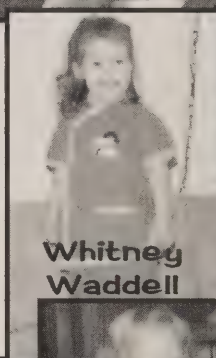
Megan Balthis



Einni Vance



Tad Giles



Whitney Waddell



Amber Dunn

Optimistic, Jovial, Honest, Intellectual, Philosophical, Positive, Versatile, Eager

Saggitarius

The Archer: November 23 - December 21

Ruling Planet: Jupiter
Lucky Day: Thursday
Flower: Daisy
Famous Saggitarius: Jim Morrison

Art

Outstanding Student	
Art I	Nichole Treadway
Art II	Devin Williams
Art III	Amy Duncan
Art IV	Whitney Waddell
Best All-Around Artist	Sara Moore
Promising Artists	Conrad Hess, Tara Knowles, Wilhelmina Agrell, Leah Rosser, Larissa Via, Nicholas Wisman

Auto Technology

Auto Technology I	David Vaughn
Auto Technology II	Brian Campbell
Auto Technology III	Joseph Hess

Business Education

Advanced Desktop Publishing	Jeff Stowers
Advanced CIS	Barry Hall
Business Law	Lauren Lewis
Office Administration	Morgan Fritts
C++ Programming	Ryan Richardson
CIS	Kim Milliff
Desktop/Multimedia Presentations	Travis Heath
Keyboarding Applications	Sara Hess
Cat Den, Inc. Outstanding Employee	Ashley Wentz
IB Computer Science	Yi Chen

Cosmetology

Cosmetology I	Paulina Herrera
Cosmetology II	Julie Miller
Cosmetology III	Sarai Fuqua
Nail Technology	Marla Blake

Drafting

Drafting I	Tyrone Mitchell
Drafting II	Chris McConnell
Architectural Drafting	David Decker
Technical Illustration	Chris Chapman
Technical Drafting	Michael Fifer

Culinary Arts

Highest Average - Culinary Arts I	Corinne Moore
Highest Average - Culinary Arts II	Gary Rosenbalm
Culinary Arts	Justin Hall

English

Freshman	Lacey Smith
Freshman - Honors	Lindsey Wallace
Sophomore	Brittney Barrett
Sophomore - Honors	Shelley Weaver
Junior	Travis Heath
Junior - IB/Honors	Yi Chen
Senior	Charlie Bussey
Senior - AP/IB	Nick Curcio
Academic Team Award	Shelbi Wilson

Speech

Best Forensics Competitor	Wyatt Fore
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Journalism

Journalism I	Brandon Pruett
Journalism II	Lauren Hanes
Journalism III	Haley Meade

Foreign Language

French II	Nichole Treadway
French III	Corinne Moore
French IV	Lauren Hughes
French V	Trevor Emory
Latin III	Constance Whitner

Spanish I	Lashawn Porter
Spanish II	Lindsey Wallace
Spanish III	Shelley Weaver
Spanish IV	Wyatt Fore
Spanish V	Nick Curcio

Marketing

Highest GPA	
Marketing Basics	Kevin Fielder
Marketing Essentials	Brendan O'Hara
Fashion Basics	Leslie Sullins
Fashion Essentials	Jessica Whaley
Sports Marketing	Ryan Callanan
Internet Marketing	Charlie Bussey

Mathematics

Outstanding Student	
Integrated Algebra	Samantha Dalton
Integrated Algebra/Geometry	Lashawn Porter
Integrated Geometry	Jeff Stowers
Algebra IA	Keisha Smith
Algebra IB	Gary Rosenbalm
Algebra I	Maggie Wingard
Geometry	Nichole Treadway
Geometry A	Sarah Tollie
Computer Math	Edwin Harris
Algebra II	Brittney Barrett
Advanced Algebra II	Gang Chen
Trigonometry	Shelley Weaver
Intermediate Algebra	Travis Heath
Calculus	Yi Chen
Academic Team Award	Yatin Patel

ROTC

Outstanding Cadet	Neil S. Hebbert
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Science

Highest Average	
Earth Science	Jarrod Goodness
Adv. Earth Science	Gang Chen
Biology	Paulina Herrera
Adv. Biology	Ryan Richardson
Biology II/IB Biology	Jing Chen
Chemistry	Lauren Hughes
Ecology	Trevor Emory
Adv. Ecology	Michael Lowe
Physics	Yi Chen
Academic Team Award	Wyatt Fore

Social Studies

Highest Average	
Ancient World History	Nichole Treadway
Modern World History	Tiffany Necessary
World Geography	Tyrone Mitchell
U. S. History	Constance Whitner
AP U. S. History	Yi Chen
U. S. Government	Mollie Salyer
AP Government	Shelley Weaver
Psychology	Ginni Vance
Academic Team Award	Nick Curcio

Theory of Knowledge

Outstanding Student	Trevor Emory
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Work and Family Studies

Child Care II	Shawna Sturgill
Most Improved Child Care II	Kelly Castle



9. Choir director Mr. Coffman leads the audience in the Alma Mater.

"Anyone who cannot cope with math is not fully human." — Shaking hands with Ms. Hite, freshman **Samantha Dalton** accepts her award for Integrated Algebra. Students consider math to be one of the hardest subjects.



Aloha!



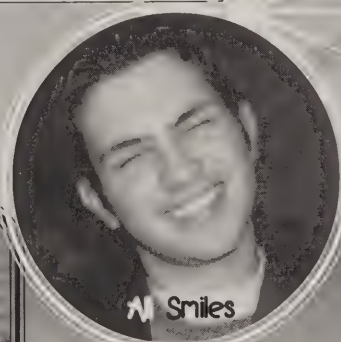
On The Dock Of The Bay



Cruisin'



A Night On The Town



All Smiles



Beach Blanket Bingo

Aloha!- Enjoying a week in the sun, seniors **Shelbi Wilson**, **Sara Musgrove**, **Brittany Pierce** and junior **Katie Nelson** are raring to go. All dressed up in lays, they are bringing the spirit of Hawaii to Myrtle Beach.

On the Dock of the Bay- Cuddling up on the docks, senior **Leah Rosser** and sophomore **Brad McClanahan** make a memory of their summer vacation together. This couple made the most of their time in Myrtle Beach.

Cuddle-Bugs- Bundled up in their winter clothes, senior **Detria White** and friend cuddle up close for the camera. These two keep each other company while on a winter retreat over Christmas Break.

Cruisin'- Standing in front of their cruise ship, seniors **Tyler Belcher** and **C.J. Lee** look back and reflect on their adventure to the Bahamas. Cruise ships are a very popular means of transportation to vacation destinations.

All Smiles- Taking a moment out from his busy church trip, senior **Tad Giles** shows off his pearly whites for the camera. Youth groups often provide fun vacations for their church members.

A Night On The Town- While on a journalism trip to Florida last year, seniors **Lauren Hanes**, **Emily Tolley**, **Summer West** and junior **Morgan Sharp**, **Chelsea Wilson** and **Lauren Hughes** all pose together before the go out for the evening. The trip was a bonding experience for all the girls and gave them many special memories.

Beach Blanket Bingo- In an attempt to cool off, seniors **Lauren Hanes**, **Leah Rosser** and **Carla Pipin**, seek refuge in their oceanfront beach house. Taking trip to the beach enables students to wash away their summer time blues.

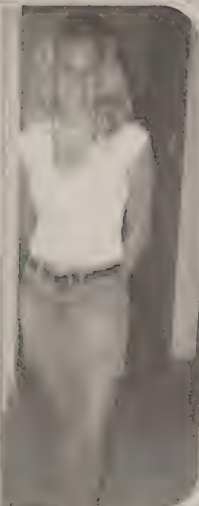


Travel and Leisure



Raring To Go- While vacationing in Myrtle Beach, senior **Summer West** gets all dressed up for a night on the beach. Many teenage tourists enjoy spending time on the strip and visiting clubs.

All Laid Back- Lounging in her hotel room, senior **Sara Moore** takes some time off from her busy beach schedule. One of the most important parts of vacationing is relaxation.



Vacation Destinations

Top Ten Destinations in the USA

Tampa, Florida
Orlando, Florida
Denver, Colorado
Phoenix, Arizona
Miami, Florida
Los Angeles, California
Honolulu, Oahu, Hawaii
Fort Myers, Florida
Key West, Florida

Top International Destinations

Cancun, Mexico
Grand Cayman Islands
St. Thomas, Virgin Islands
Los Cabos, Mexico
Puerto Vallarta, Mexico
Montego Bay, Jamaica
Nassau, Bahamas
Cazumet, Mexico



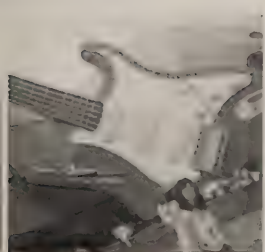
Get Your Hair Did- This past summer, seniors **Audrey Sorenson** and **Haley Meade** enjoyed the beautiful beaches of Destin, Florida. Pictured here, they're showing off their summer-inspired cornrows.

Snowbunnies- Taking a weekend trip to Beach Mountain, these five girls are all bundled up. Seniors **Audrey Soreson** and **Sarah Beth Jansen** join juniors **Katie Pittman**, **Lauren Hughes** and **Anna Stringer** for a fun-filled day of skiing.



Crab Cakes- While in Florida on vacation, seniors **Lauren Hanes** and **Emily Tolley** share a memorable moment of ordering ridiculously priced crab cakes. A joke that they carried with them through high school and will always be able to look back and laugh at.

Spring Break 03'- To the left, senior, **Tara Knowles** spends a day of her spring break in the peaceful country. Many people would rather spend their vacation time in rural areas than in busy cities.



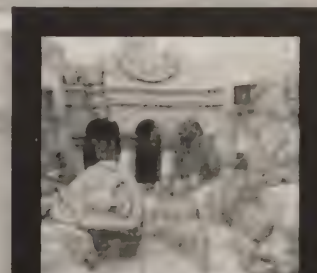
Disney World, Orlando, FLA



Beaufort, NC



The taxis of New York City, NY

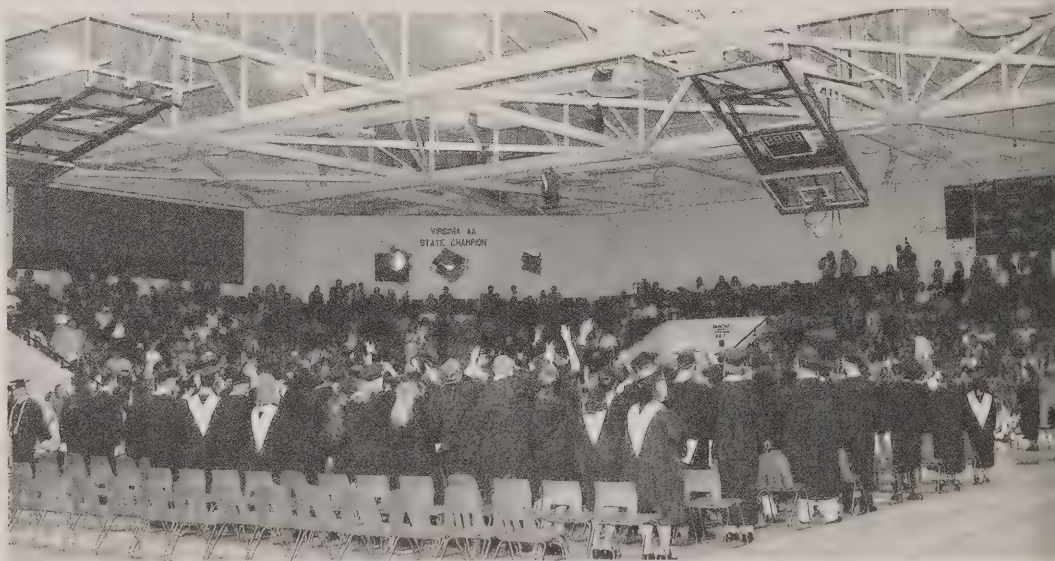
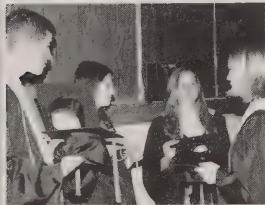
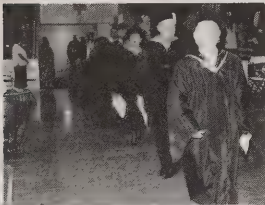


Universal Studios, Orlando, FLA

Graduates remember what it took to get to this point....

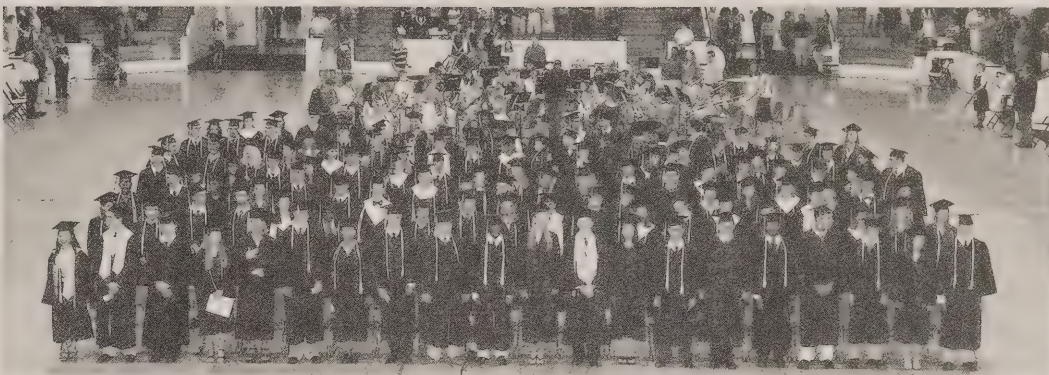
looking back to the past year

the photo gallery





A Moment in Time



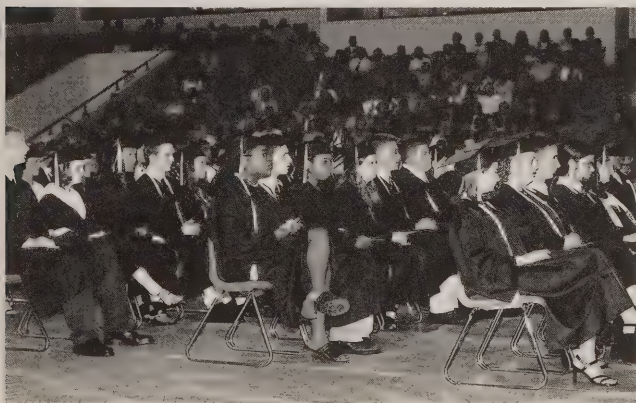
The Graduating Class of 2003



The class of 2003 was indeed a unique blend of personalities. Each student brought his or her own talents, skills, perseverances, and goals to the school. Jing Chew, valedictorian, delivered a memorable speech that reflected upon these differences but also on the similarities that they all shared: compassion, strength, vitality and a desire for excellence.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of all that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

3Marianne Williamson



Special Juniors Edition

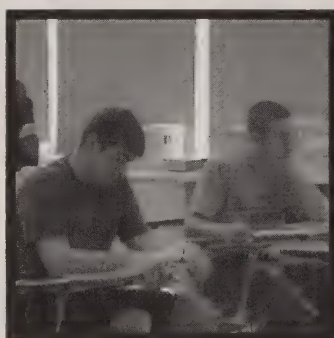
Teen

Class of 2004

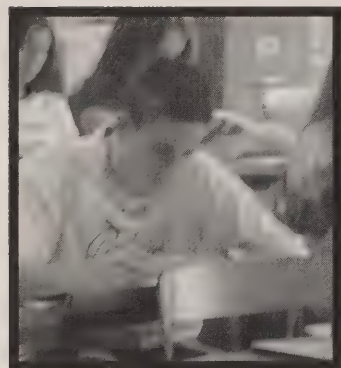
*Check out this year's prom advice for him and her!

Junior Collage

10 prep steps for SATs!



Will Soublo and Tyler Clark



Dominic Nicastro



Ashley White

Teen

10 Prep steps for SATs!

1. Take the PSAT
2. Practice the online SAT
3. Review small amounts of material each day
4. Take SAT prep courses at Highlands
5. Get your materials (pencils, calcs. and registration forms)
6. Go to bed early the night before
7. Eat a good breakfast the morning of the test
8. Monitor your time for each section
9. Relax and don't rush
10. Go back and check your answers.

Adams, Ashley
Barnhill, Sara
Barrett, Seth
Biggs, Brandon
Blake, Marla
Boggs, Matt



Booher, Josh
Branch, Lindsey
Browning, Justina
Bryan, Alex
Buchanan, Santana
Buchanan, Thomasina



Burress, Chris
Callanan, Ryan
Campbell, Brian
Cardwell, Sheena
Carico, Andrew
Carroll, Sarah





Castle, Megan
 Chen, Yi
 Childress, Tommy
 Clark, Tyler
 Clay, Michael
 Colvard, Michael

Derr, Amy
 Dingus, Joshua
 Dotson, Kimberly
 Duncan, Amy
 Dunnington, Daniel
 Fleenor, Sarah

Fore, Wyatt
 Fore, Matt
 Francisco, Trey
 Frazier, Chris
 Goodpasture, Jerry
 Graham, Stephen

Grimm, Matt
 Grogan, Victoria
 Grubb, Chandra
 Hall, Barry
 Hart, Jarrod
 Hayter, Jerry

Heath, Travis
 Hebbert, Neil
 Hamilton, Ryan
 Harris, Jonathan
 Hicks, Andrew
 Hill, Danna

Honaker, Derrick
 Huggins, Walker
 Hughes, Lauren
 Hunt, T. D.
 Hurley, Todd
 Jones, Grant

Keath, Tom
 Keithan, D.J.
 Kirkland, Robert
 Krugel, Philip
 Lawson, Maxwell
 Leonard, Danielle

Seventeen

Special Junior Edition

Class of 2004

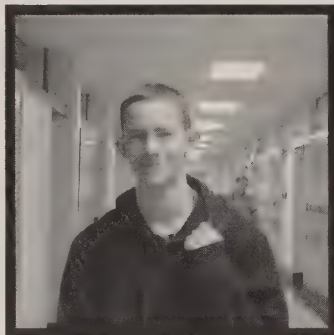
*Check out
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prom advice
for him and
her!

Junior

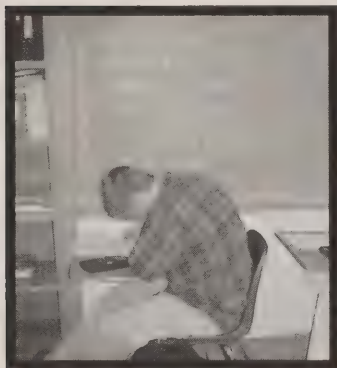
Collage

10 prep steps
for SATs!

Survey:
Why is the
Junior year
the hardest
year?



Neil Hebbert



Ronnie Mathes



Jerry Goodpasture and
Julie Ward

Seventeen

Survey

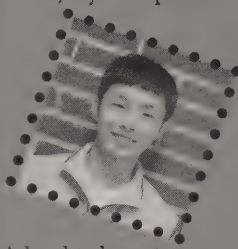
Why is the Junior year the most difficult year of high school?



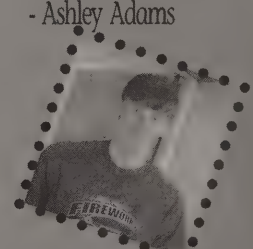
"The workload
is insane!"
- Jerry Goodpasture



"In IB Computer Science we make our
own programs and it is quite
difficult."
- Ashley Adams

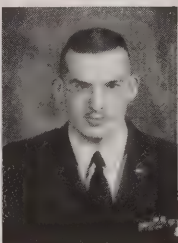


"It's hard to learn to manage my
time with activities."
- Yi Chen

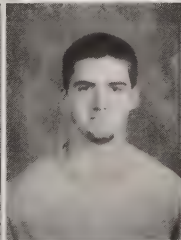


"I think it's just knowing I
have another year here."
- Tom Keath

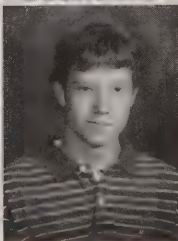
Leonard, Eric
Leppert, Laura
Lewis, Joline
Litz, Richard
Lowe, Michael
Massie, Gwen



Mathes, Ronnie
Matney, Justin
McCready, Michelle
McKin, Anthony
McReynolds, Danielle
McVey, Trent



Meade, Hunter
Medrano, Constance
Miller, Amy
Miller, Chad
Miller, Julie
Milliff, Amanda





Miltier, Hannah
Moncrief, Christa
Moore, Kimberly
Moore, Whitney
Morenings, Bretta
Morrow, Rea'Shelle



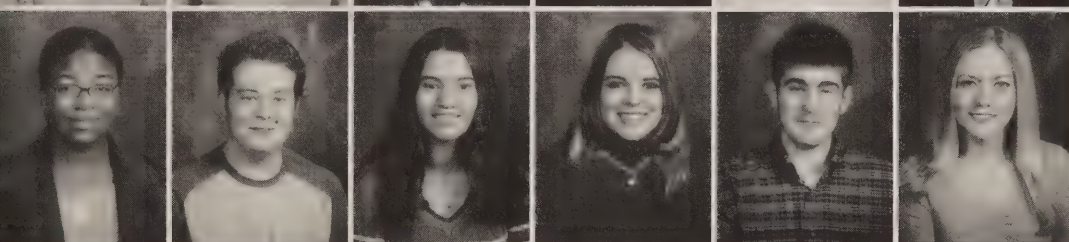
Mosely, Katie
Mullins, Kimberly
Nelson, Katie
Newman, Christopher
Newton, Motiese
Nicastro, Dominic



Osborne, Patrick
Parks, Chris
Pender, Donald
Pittman, Katie
Roark, Joseph
Rodriguez, Brittany



Rosebalm, Andrew
Rossano, Laura
Russell, Adam
Scott, Desha
Sharp, Morgan
Shaw, Joseph



Shazor, Ashley
Shores, Chris
Smith, Amy
Smith, Faith
Soublo, William
Sourbeer, Brittany



Sproles, Felicia
Slagle, T. J.
Stevens, Josh
Stewart, Jill
Stowers, Jeff
Stringer, Anna



Sullins, Leslie
Surber, Heather
Swiney, Nikki
Trent, Josh
Waddell, Russell
Ward, Julia

Seventeen

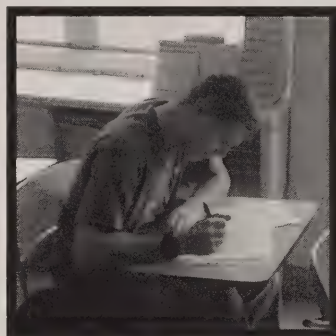
Class of 2004

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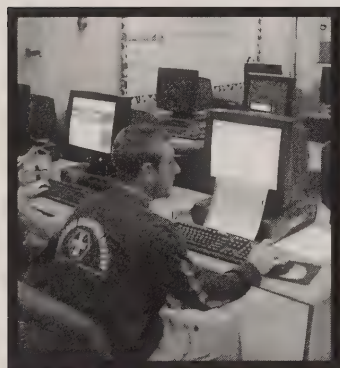
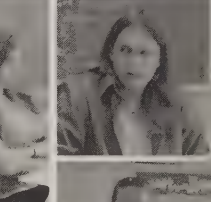
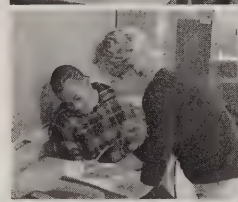
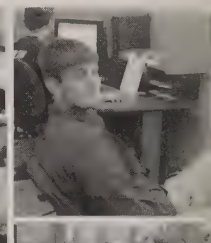
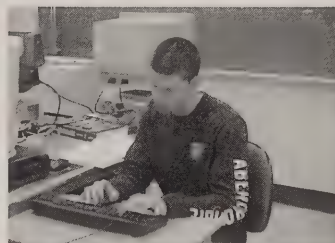
Junior
Collage

10 prep steps
for SATs!

Survey:
Why is the
Junior year
the hardest
year?



Alex Bryan



Patrick Osborne

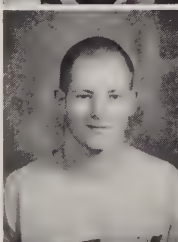


Kevin Wingard and
Josh Booher

Watkins, Tiarrah
Watts, Michelle
Wentz, Ashley
White, Ashley
Wells, Amy
White, Mallory



Whitley, Johnny
Whiteaker, Michael
Whitt, Joe
Williams, Devin
Whitner, Constance
Wilson, Chelsea



Wilson, Natalie
Wingard, Kevin
Wisman, Justin
Worley, Amber
Worley, Kristina
Cooper, Meredith



✱ Prom Advice for Him & Her ✱

Guys

On Asking Her

Hi! There's lots of romantic ways to ask out a girl, especially using flowers. A typical, but very effective way is to invite her to dinner. Include flowers when you arrive to pick her up— that always does the trick.

Attire

Although you can wear a tux with tails to the prom, it would be more appropriate to use the dinner tux styles without tails. Sometimes the traditional style is what is needed. On the other hand, if you want to stay away from the tux altogether, then you can always wear a double breasted suit complete with vest and tie. A very nicely cut and fitted designer suit in darker hues would be fine and this kind of style works everywhere!

Costs

Of course guys you have to buy/rent your tux. Classic tux style prices can rent from \$45 - \$80 depending on the place. You will also need shoes, a shirt, jewelry (cuff links, studs) and these are usually taken care of in a rental package from the tux store. You will also need a tie and a cummerbund or a full black vest. Depending on the style of tux, you may need a bow tie or a long tie. If you do not wear a cummerbund, you must wear a full vest, black or the color of your date's dress. Next, is the corsage. Guys, you must dish out \$18-\$35 for yes, a couple of flowers and some leaves, but it's tradition! Dinner : It's customary for the guy to pay for dinner. The cost depends on where you go, however. All that's left is prom tickets, pictures, and transportation. It is between you and your date to decide whether to split these costs or not.

Pre and Post Prom:

Before the prom of course, you should take her to dinner. After, some suggestions are going to a lounge or restaurant to hang out. Also, sometimes the high school will sponsor an "After Prom Party", if it interests you and your date, you might wanna check into it.

On Asking Him

Traditionally, guys ask the girls but in the case of a shy guy or maybe a guy who doesn't realize you're into him, it's great to take the initiative and ask him out yourself. You go girl!

Attire

Of course you wear an evening dress or the new dressy pants for prom found in most prom stores. The important thing is color, style, hair, jewelry, etc. First of all, pick your best color. The color that flatters you the most and accentuates your eyes and skin tone. Second, pick a style of dress that looks flattering on you. For instance, if you are short-waisted, you may consider an empire waist dress. Third, buy the jewelry that compliments your dress. If you're not sure, then ask a friend or the sales attendant. Lastly, don't forget to get your hair and nails done!

Costs

Ok girls, you know you are set on a corsage, dinner (hopefully), and your date's tux, but you do have to cough up the dough for your dress. Dress prices vary from around \$100 - even \$500! My advice to you is to find the dresses that you absolutely love and that look great on you and then maybe start narrowing it down by price. Next you need accessories: shoes, hose, gloves, purse, hair ornaments, and jewelry. You don't need all of them (gloves and maybe a purse, for example), but you do need some of them (shoes, hose, jewelry). Of course prices vary. Hair: if you get it professionally done like in an updo, you're looking at \$60 or so. Nails vary from \$25-\$50 depending on style and where you're getting it done. You also need to pay for your date's boutonniere. The cost would be between \$5-\$15 dollars. Tip: ask him what type of flowers he's buying for your corsage and then get the same for the boutonniere. The rest like transportation, tickets, and pictures, discuss with yo man!

Pre and Post Prom

Discuss this with your date, the sky is the limit! See suggestions under Guys.



American Heart Association

Q ♠ Brittany Sourbeer



2002-2003

♥ Ashley Adams



♥ Megan Peters



VS

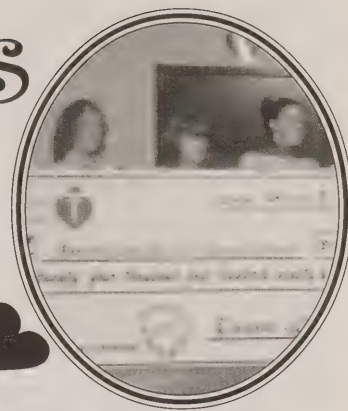
Q ♠ Brittany Barrett



2003-2004



Queen of Hearts



Facts

Brittany Barrett raised
25,892.18

All six candidates from VHS and THS collected a
total of 124,490.52

There has been a total of 1.5 million dollars raised for
Queen of Hearts over the last 39 years.

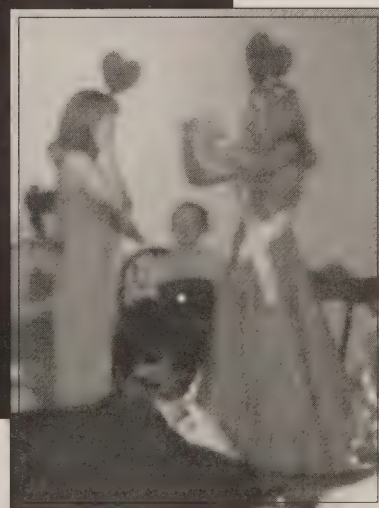
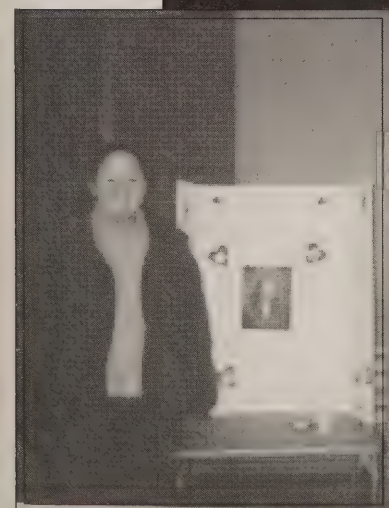


Campaign Managers

Laura Mevey, Laura McKenna, Wendy
Becker, Ashley Jones, Sara Mevey,
Whitney Rosenbaum, Mollie Salyer, &
Ellen Tidwell,

Laura Leppert, Ashley Shazor,
Jill Stewart, Heather Surber,
Mallory White, & Kristina Worley

Kathryn Cole, Kelly Maples,
Katie Nelson, Shelbi Wilson,
Sara Musgove, & Debra Stitt



Teen



Corey Steel



Caleb Millican and Michael Wells



Katrina Stout

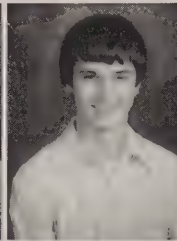


Cytara Sanders

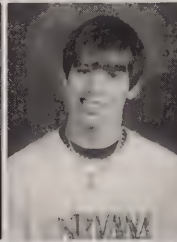


Daniel Hale, Amanda Smith, Kevin Morrison, Corinne Moore

Adams, Marissa
Addison, David
Anderson, Clarinda
Ashley, Heather
Barb, Jameson
Barrett, Brittney



Bass, William
Bays, Adrienne
Becker, Wendy
Begley, Sybil
Birchfield, Seth
Blanton, David



Booher, Julie
Bradley, Jean
Branson, Megan
Campbell, Dennis
Campbell, Joshua
Campbell, Monica



Campbell, Stephanie
Chadwick, Jonathan





Chew, Dawn
Childress, Jacob
Clark, Aisha



Combs, James
Combs, Morgan

Connell, Cassie
Cummings, Bridget
Cunningham, Derick
Cunningham, Thomas
Curcio, Joseph
Deel, Ian



Dotson, Joshua
Duty, Justin
Flemming, Amanda
Foster, Angel
Freeman, Steven
Guan, Zhi



Hale, Daniel
Hall, Justin
Harless, Sara
Harrell, Joshua
Hess, Sarah
Hill, Richard



Houser, Gina
Howard, Michael
Howard, Tonya
Hubbard, Kevin
Hutton, Joshua
Hill, Richard



Isaacs, Mekesha
Jones, Ashley
Jones, Daniel
Kelsey, Travis
Knowles, Laura
Krukowski-Oliver, Jason

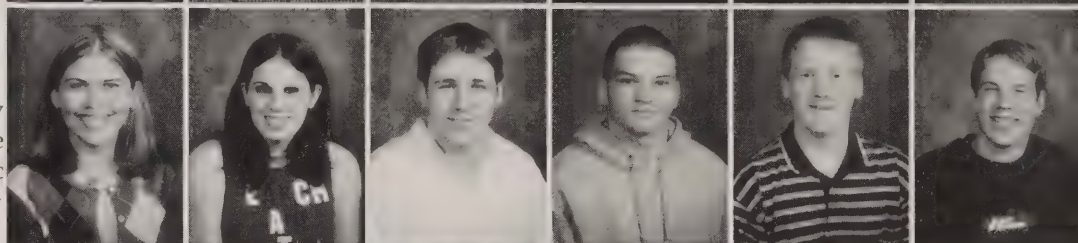


Lawless, Eric
Leonard, Joshua
Leonard, Monica
Lewis, Lauren
Lilley, Rachel
Lockett, Desmond

Luttrell, Melinda
 Mabe, Kregg
 Maples, Kelly
 McClanahan, Bradley
 McCready, Adam
 Mcvey, Lauren



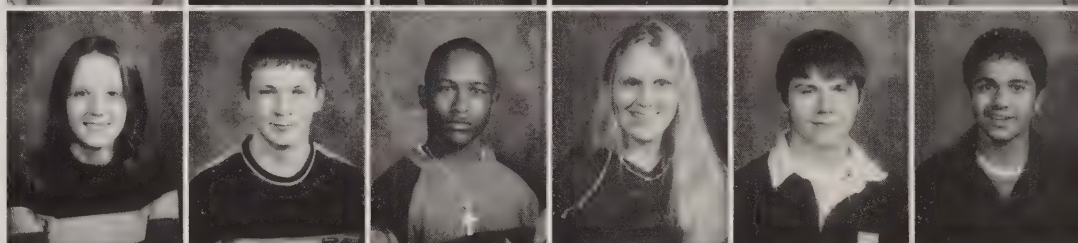
Mcvey, Sara
 Miller, Amanda
 Millican, Gregory
 Mitchell, Tyrone
 Moffatt, Eric
 Molnar, Benjamin



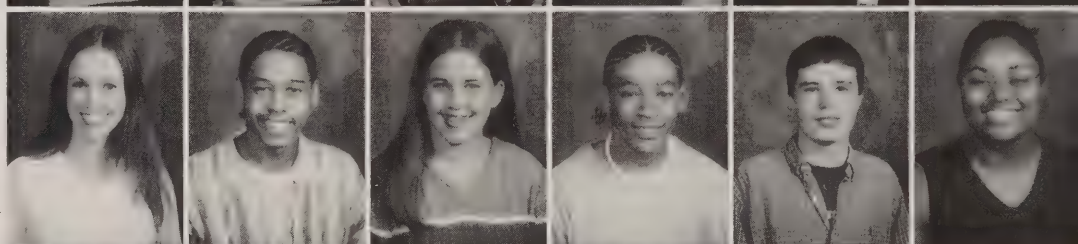
Montgomery, Jennifer
 Moore, Corinne
 Moore, James
 Morrison, Kevin
 Morrow, Mitchel
 Montes, Magda



Mullins, Christina
 Newman, Larry
 Nophlin, Clyde
 Nutter, Jessie
 O'hara, Cullen
 Patel, Yash



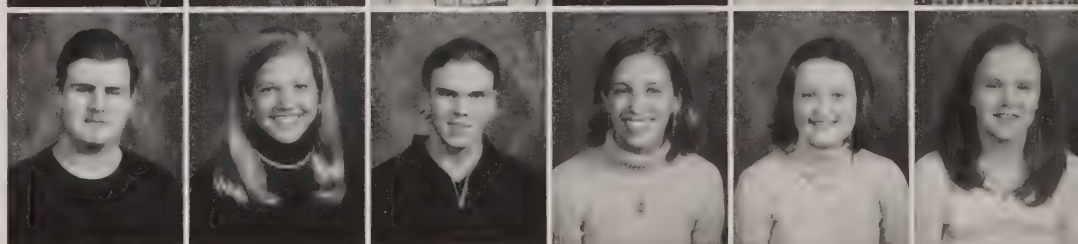
Patrick, Alexa
 Pete, Chetwyn
 Philbrick, Carrie
 Phillips, Jeremy
 Poore, Kevin
 Porter, Lashawn



Pruett, Brandon
 Ratcliff, Zared
 Rayburn, Logan
 Reese, Brandon
 Richardson, James
 Roberts, Dustin



Rosenbaum, Gary
 Rosenbaum, Whitney
 Rouse, Andy
 Salyer, Mollie
 Sammons, Candace
 Sanders, Cyntara





Schurtz, Kevin
Shaffer, Justin
Shankel, Israel
Shelton, Octavia
Sammons, Candace
Shores, Krystal



Skeens, Reanna
Slagle, Kayla
Smith, Amanda
Smith, Keisha
Smithson, Amber
Sommerville, Toni



Soublo, Francesca
Sproles, Joshua
Sproles, Kaitlyn
St. John, Chelsea
Statzer, Sean
Ste. Marie, Justin



Stevens, Daniel
Sturgill, Shawna
Sullivan, Melissa
Tauscher, Michael
Thomas, Alishia
Tidwell, Sarah



Tollie, Sarah
Turner, Philip
Turner, Shawn
Via, Larissa
Vires, Matthew
Weaver, Shelley



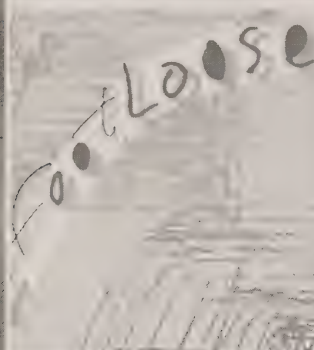
Wei, Lin
Wells, Michael
White, Bradlee
Widner, Dustin
Wilhelmina, Dyrell
Williams, Tiffany



Wilson, Jonathon
Wilson, Micah
Witt, Steven
Worley, Scottie
Wright, Courtney
Wunsch, Nils

PLAYBILL

Handwritten: "Handwritten: 'Footloose'"



"Footloose was a treat for the eye, the ear, and the soul. I was impressed by the energy, hard work, and dedication. Move over, Kevin Bacon!"
-Miss Proctor



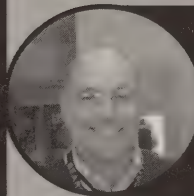
"It was wonderful to see the students on stage once again, and I thoroughly enjoyed Footloose. The actors and actresses were terrific!"
-Mrs. Landon



★★★★★
Critic's
Corner
★★★★★



"Fantastic production! Well received by students and staff alike. Kudos to the production staff and cast talented performers."
-Mr. Easley



"I think Footloose was one of the best productions I have ever seen at Virginia High. I also think it was one of the best enjoyed by the student body."
-Cassidy Caldwell

The 2002-2003 yearbook staff sponsored the musical production, *Footloose*. Yearbook Staff Advisor, Mrs. Palmer, and Virginia High Librarian, Mrs. Neal, directed the production. Students auditioned early in the school year and practiced daily in order to present the play to peers, parents, administrators, and community citizens. The backstage crew consisted of experienced students and members of the 2002-2003 yearbook staff. The cast and crew presented *Footloose* to Virginia Middle School on February 28, 2003 and held performances for Virginia High and the public on March 3, 2003.



Footloose Cast

Brandon Pruett, TJ Slagle, Tad Giles, Grant Jones, Josh Leonard, Matt Fore, Russell Waddell, Andrew Carico, Julie Ward, Ellen Tidwell, Andrea McAvoy, Alex Littleton, Jerry Goodpasture, Morgan Sharp, Isaac Collins, Audrey Scyphers, Kaitlyn Sproles, Connie Medrano

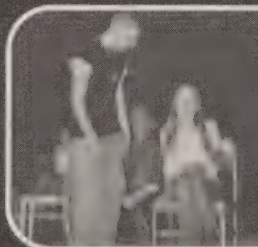
Cut Loose!—Opening the production, Andrew Carico and Julie Ward lead the cast members in the singing of *Footloose*..

Somebody's Eyes—In synchronicity, Jerry Goodpasture and Morgan Sharp lead the song, *Somebody's Eyes*.

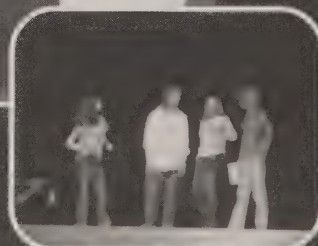
Live to Tell—Demonstrating a typical family discussion, Kaitlyn Sproles, Andrea McAvoy, and Grant Jones wow the audience with their theatrical talent.



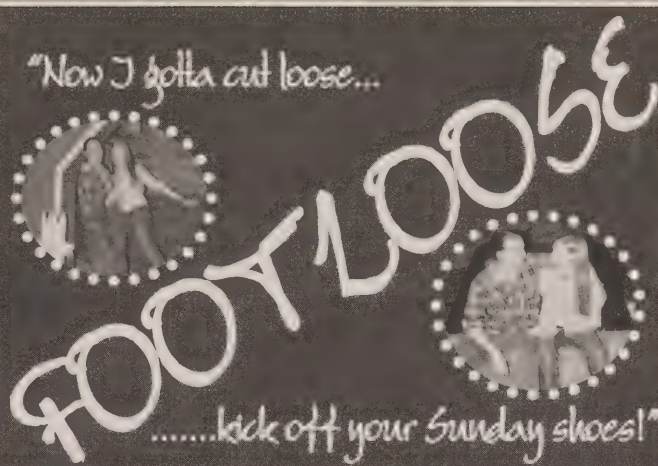
"I've been workin' so hard
I'm punchin' my card!"



...Eight hours! For what?
Oh tell me what I got!



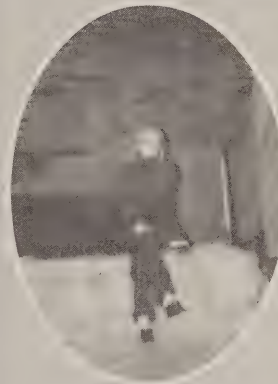
Ren just moved from the big city to a dry county. No dancing, no drinking, and no rock and roll. And for a teenager he got used to. So, Ren and his friends decide to organize a senior prom. But first, they must convince the minister who was responsible for the town in the first place...and who has no intention of bending them.



Footloose Crew

Gwen Massie, Liz Browning, Emily Tolley, Brett Davis, Devin Williams, Whitney Waddell, Chris McConnell, Shelley Weaver, Anna Stringer, Bretta Morenings, Mollie Salyer, Kim Mullins, Chelsea Wilson (Not Pictured: Ginji Vance & Lauren Hughes)

Directors



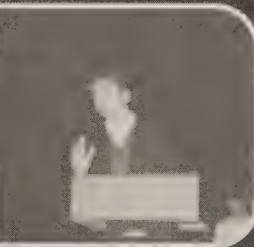
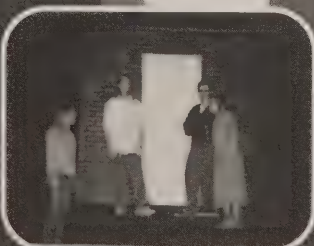
Mrs. Kristin Palmer
Freedom English Teacher
and Yearbook Advisor



Mrs. Pamela Neal
Virginia High School
Librarian



...I got this feeling, that
time's just holdin' me down.
I'll hit the ceiling, or else
I'll tear up this town!



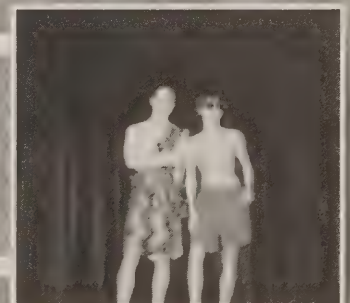
Everybody cut loose!
FOOT LOOSE!
~Kevin Ladd~



Where's Bomont?— Opening the play, these actors provide the audience with background information of lead character, Ren.

Daddy's Girl—In this scene, Andrea McAvoy and Grant Jones demonstrate the everyday conflicts between fathers and daughters.

I Need a Hero!—Showing off their hero worthy figures, Matt Fore and Brandon Pruett pose for the crowd as female cast members sing, Hero.



J-14

Adams, Cody
Allen, Jessica
Almany, Cody
Arend, Kayla
Arnold, Alicia
Artrip, Justin
Bailey, Hyder
Baird, Samantha



Ball, Sasha
Barb, Brandy
Barker, Derek
Bernard, Jasmine
Besnier, Laura
Blake, Jonathan
Bobbitt, Sean
Bowers, Katherine



Bracher, Holly
Bradley, Jack
Brewer, Dennis
Brooks, Joey
Bushwack, Jonathan
Campbell, Matthew
Cannon, Ashley
Carroll, Mark



Castle, Kenny
Cecil, Amanda
Chapman, John
Chatman, David
Cheers, Robert
Chen, Gang
Childress, Christopher
Childress, Deidra



Clifton, Kelsey
Cole, Dabias
Cole, Kathryn
Collins, Brent
Collins, Thomas
Cooke, Tyrone
Court, Derek
Dalton, Samantha



Daniels, Britt
Dannhardt, Amanda
Daughtery, Robert
Deel, Kaith
Dehart, Amanda
Derden, Bethany
Dishman, Calen
Doss, Cory



Dougherty, Lewis
Douglas, Catherine
Dugger, Rebecca
Ellis, Todd
Emory, Sarah
Epling, Leslie
Estep, Audria
Evans, Candice



Fields, Whitney
Fleenor, Heather
Fugate, Michael
Gardner, Kimberly
Gardner, Travis
Gaylor, Joseph
Gilliam, Cassandra
Gilliam, Jessica



Goodell, Michael
Goodness, Jarrod
Goodson, David
Gorley, Aaron
Greene, Janice
Grier, Wilt
Griffith, Amber
Grizzle, Aaron



J-14



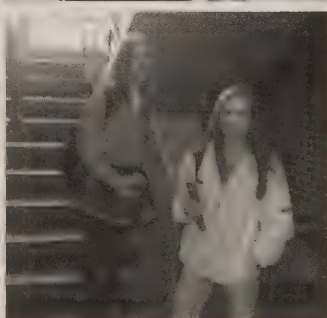
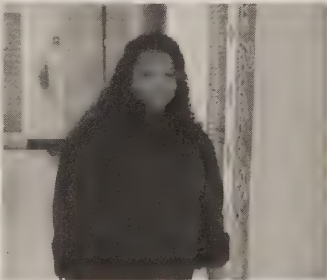
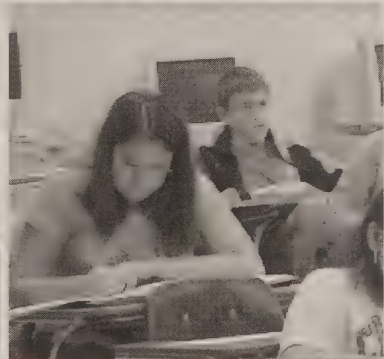
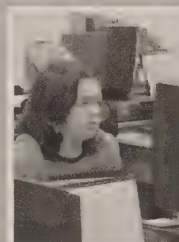
Gross, Jessie
Guan, Li
Hagy, Joseph
Hall, Lynlee
Hall, Seth
Hamby, Joshua
Hammond, Sterling
Harley, Richard

Harris, Robbie
Hartsaok, Jamie
Hayes, Angel
Hess, Conrad
Hess, Sharon
Hightshoe, Lee
Hinson, Courtney
Hoilman, Juanita

Howell, Rickie
Hushour, Jessica
Jackson, Christopher
Johnson, Autumn
Johnson, Todd
Keithan, Melanie
Kelsey, Brandon
Lambert, Leann

Lampkins, Jonathan
Lawson, Erica
Legg, James
Leniski, Samuel
Leonard, Melanie
Lewis, Ashley
Limburg, Logan
Logan, Thomas

Looney, Gabrielle
Louis, Jessica
Mann, Donald
Martin, Richard
McClain, Michael
McCracker, Annetty
McElroy, Justin
McFadden, Amber



Freshman

McKenna, Laura
McWhite, Amanda
Miller, Bryan
Milliff, Kimberly-Ann
Miltier, Joshua
Mitchell, Caroline
Montgomery, Toni
Moore, Kenneth

Morales, Joanna
Necessary, Tiffany
Ogle, Nekida
Oliver, Corey
Otis, Jerry
Pearson, Walter
Phelps, Ashley
Pickel, Matthew

Puglisi, Margaret
Reed, Justin
Reed, Rachel
Reese, Brandon
Rincon, Jonathon
Rogers, Christina
Roller, Daron
Rose, Lisa

Rouse, Bryan
Schacht, Vita
Scott, Adrian
Scott, Casey
Scyphers, Audrey
Seymore, Derick
Shaffer, Brandi
Sharp, Bret

Shazor, Ryan
Sherfey, Chad
Shipley, Mary
Shipley, Melissa
Simpson, Brandon
Skeens, Karissa
Smith, Lacey
Smith, Leanne

Smith, Melissa
Sproles, Mandy
Stevens, Dustin
Stiltner, Tiffany
Stout, Katrina
Stroup, Michael
Sullins, Robert
Swarthout-Maxwell, Joshua

Sykes, Jessica
Taylor, Tiffeny
Thaxton, Kari
Tolbert, Morgan
Tomlinson, Holly
Traylor, Lance
Treadway, Kyria
Trinkle, Ashley

Triplett, Daniel
Tucker, Jennifer
Vaughn, David
Venable, Joshua
Wagner, Jenna
Waldron, Ashton
Wallace, Lindsey
Waller, Cody

Walling, Sandy
Wampler, Mary
Waugh, Allison
White, Loreal
Williams, Ashley
Williams, Heath
Williams, Jerry
Williams, Lauren



Freshman



Williams, Wesley
Wilson, Arick
Wilson, Christopher
Wilson, Olivia
Wingard, Maggie
Wisman, Nicholas
Wolfe, Marilyn
Woods, Stephen



Young, Jamie
Zemola, Margaret



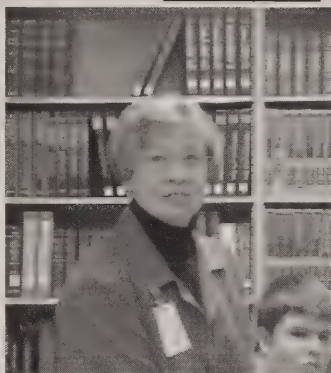
What do you love the most about your teacher?

• Annette Acuff •

*English 9, English 10,
Honors English 11*

"My favorite teacher is Miss Acuff because she never gets mad about anything. Also, she helps you with anything you need."

-Derick Seymore, *Sophomore*



• Sharon Acuff •

*Fashion Essentials, Web
Marketing, Psychology*

"Mrs. Acuff is a fabulous teacher! She works very hard at her job and does everything she can to help the students. Overall Mrs. Acuff has a lot of knowledge to offer and is one of the best teachers in our school!"

-Liz Browning, *Senior*

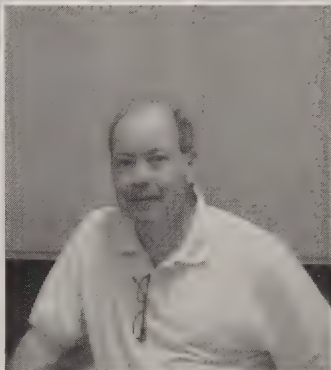


• John Adams •

*Ecology, Adv. Ecology,
Earth Science*

"One of my favorite teachers is Coach Adams because he puts the 'Geel' in Ecology."

-Maggie Davis, *Senior*

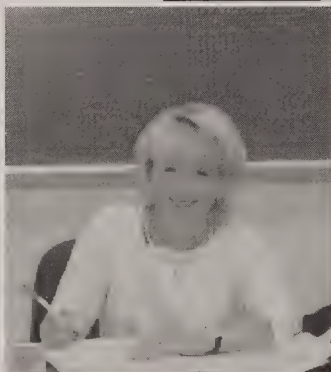


• Lisa Adkins •

*Child Care, Geography,
Fashion Marketing Basics*

"Mrs. Adkins has not only helped me grow intellectually, but she has also helped me learn about true life experiences. She has truly inspired me to work hard to obtain my goals in school and in my personal life."

-Leslie Sullins, *Junior*



• Cindy Alvis •

Special Services

"Mrs. Alvis is a really nice teacher."

-Michelle Baumgardner, *Freshman*

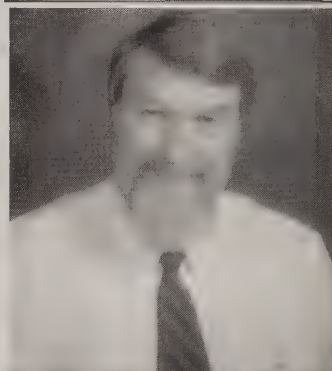


• Richard Austin •

*Present World History,
Geography*

"Mr. Austin is the best teacher! He will work with you through thick and thin. You don't have to be afraid to ask him any questions."

-Beth Wolfe, *Freshman*

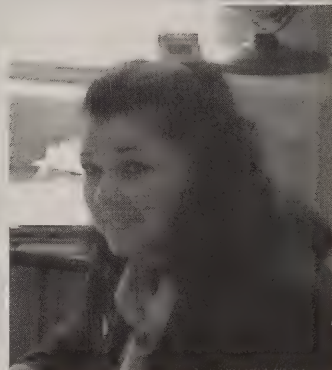


• Jan Black •

Special Services

"Ms. Black is a great teacher."

-Walter Jackson, *Freshman*



• Roya Blankenship •

*Adv. English 12,
English 12, Latin III*

"Mrs. B. is an excellent and exciting teacher. She helps us to 'getter done' in English. She's one in a million."

-Todd Cross, *Senior*



• A teacher affects eternity; he can never tell where his influence stops. •
-Henry Adams



• Sharon Bolling •

*Geography,
Present World History*

"I like Mrs. Bolling because she's so laid back and she takes things one step at a time. She's also very strict about tardies. I will never be late again."

-Adam Macke, Senior



• Jennifer Chumley •

Drafting

"Mrs. Chumley is not as strict as some teachers. She's very easy-going."

-Greg Simpson, Senior



• David Bowden •

Spanish III

"Mr. Bowden is one of my favorite teachers. He uses many different styles of teaching which makes learning Spanish fun."

-Matt Fore, Junior



• Annette Cochran •

*Integrated Geometry,
Geometry, Algebra II*

"I like Mrs. Cochran because she helps you to better understand math."

-Josh Hamby, Freshman

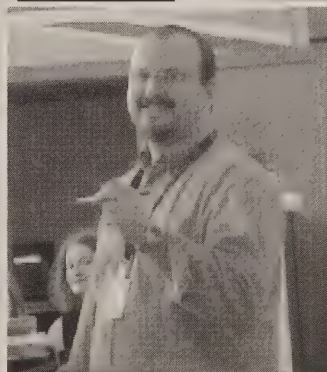


• Molly Boyle •

P. E. 9, P. E. 10

"Ms. Boyle is one of the nicest, funniest women I've ever met. She's a lot of fun, and I'll miss her after graduation."

-Tara Knowles, Senior



• Andy Coffman •

Chorus

"I like Mr. Coffman because, even though he can be strict, he's still nice. He teaches us a lot, and he really likes the talented girls."

-Megan Evans, Freshman



• Terry Caldwell •

*Physical Fitness,
Special Services*

"My favorite teacher is Coach Caldwell. He really helps his students."

-Malisa Kenney, Freshman



• Bronwyn Cowell •

Special Services

"Mrs. Cowell is very giving, kind, and has a great sense of humor. She is a teacher we won't soon forget."

-Tabatha Lewis, Senior

The sole hope of human salvation lies in teaching

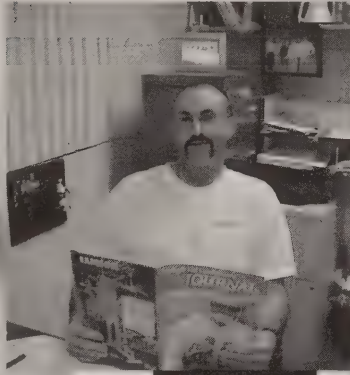
George Bernard Shaw

Ed Cressel

P.E. 9, Physical Fitness, Adv. Physical Fitness

"My favorite teacher is Coach Cressel. He can always make me laugh and he's getting me 'pumped.' Plus, I love the dog and bush

Sarah Beth Janson, Senior

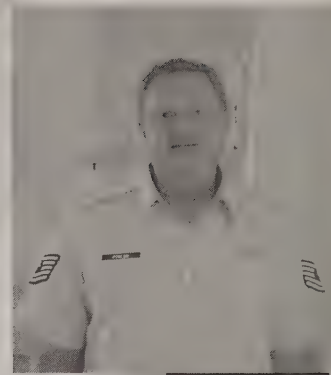


Rick Fowler

Aerospace Science

"Having Sgt. Fowler as an instructor made me realize the importance of aerospace science. I have learned a lot from this class."

Derek Court, Freshman



Lisa Dean

Marketing Essentials, Marketing Basics, Sports Marketing

"Mrs. Dean is a wonderful teacher. She always assists students whenever they have questions. She has to be one of my favorite teachers. It never fails, she is always in a good mood."

Amber Dunn, Senior



Holly Fuller

Computer Information Systems, Office Administration, Business Law

"I love Mrs. Fuller! She's really sweet. She's the best teacher I've had since I've been here."

Laura Rossano, Junior

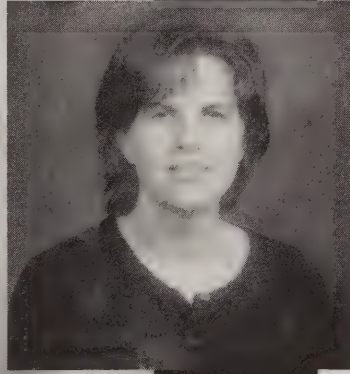


Cindy Drozdowski

Algebra I, Algebra II, Integrated Algebra

"Mrs. Drozdowski is a wonderful teacher. She puts things into terms that I can understand and she doesn't hesitate to answer any questions."

Karissa Skeens, Freshman



Eileen Garner

French II, French III, French IV, French V

"I really enjoy Mrs. Garner's class. I feel that I've learned a lot this year, and if I ever travel to France, I've got it covered."

Kelsey Clifton, Freshman

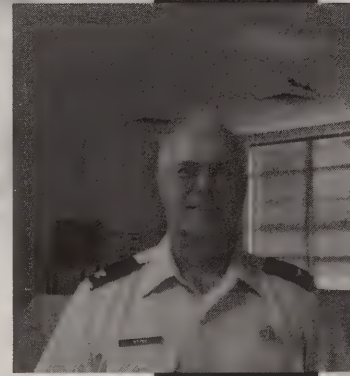


Kirby Fetzer

Aerospace Science

"Col. Fetzer is a good teacher. We learn a lot in class."

Dennis Brewer, Freshman



Tammy Graham

Spanish I, Spanish III, Spanish IV

"I like Ms. Graham. She can speak Spanish, and that's cool."

Jonathan Rincon, Freshman



The sole hope of human salvation lies in teaching George Bernard Shaw

Donna Hale
Guidance

"Mrs. Hale is a very nice woman. She's helped me out so much. She really cares about each and every student here."

Amanda Dannhardt, Freshman



Patsy Huff
Guidance

"Mrs. Huff has helped me in so many ways this year. I appreciate the guidance she has given me throughout this confusing time."

Jing Chen, Senior

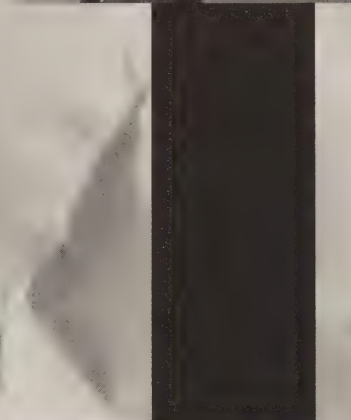


Eloise Hite

Adv. Algebra II, Trigonometry, Algebra I A

"Ms. Hite has been an inspiration in all my years here. She is a great teacher and cares about her students, doing anything she can to help."

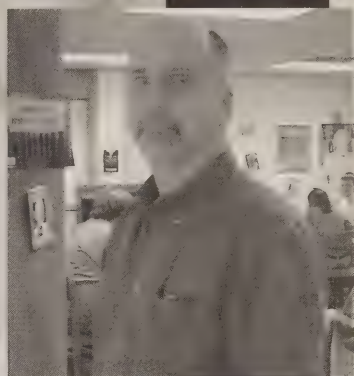
Yatin Patel, Senior



Brad Hutchinson
Theory of Knowledge, Honors English 10, Advanced 11

"I love Hutch! He gives us many opportunities to express ourselves in our writing."

Brittany Rodriquez, Junior

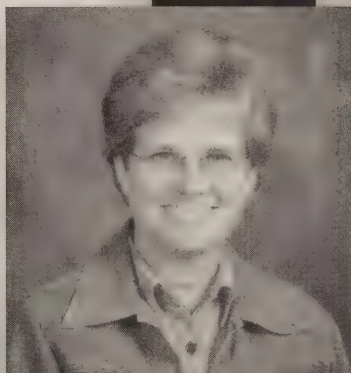


Sonja Holcomb

Adv. English 10, English 11, Gothic Tale

"Mrs. Holcomb is one of my favorite teachers. I really enjoy his class."

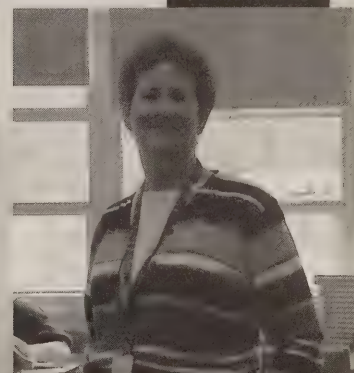
Morgan Sharp, Junior



Sherry Johnson
Spanish II, Spanish V

"I've had Mrs. Johnson all four years of high school, and I like her because she makes Spanish interesting."

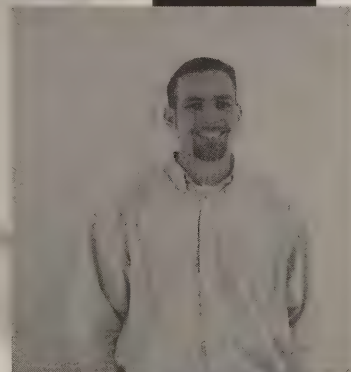
Jonathan Derden, Senior



Tom Hopson
Band

"I like Mr. Hopson because he makes learning a fun experience."

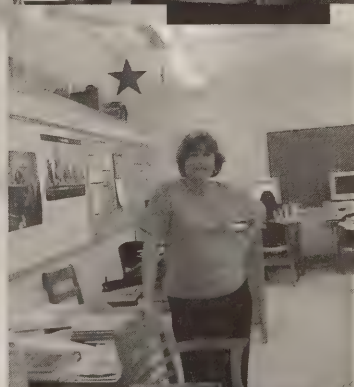
Ashton Waldron, Freshman



Sue Judd
*Government
AP Government
IB 20th Century Topics*

"When I think of someone who genuinely cares for their students, who takes their opinions and concerns seriously, and values class participation and interaction, I think of Mrs. Judd."

Charlie Bussey, Senior



Senior

Honors and

Awards

Luncheon



Class of 2003

Valedictorian- Jing Chen

Salutatorian- Nick Curcio

President's Award For

Educational Excellence- Jing Chen,

Nick Curcio, Kevin Fielder, Michael

Fifer, Charles Bussey, Brendan O'

Hara, Jennifer Cunningham, Shelbi

Wilson, Jonathan Derden, Jared

Dotson, Robert Withrow, Wes

Copenhaver, Trevor Emory, Christian

King, Emily Tolley, Rebekah Friend,

Sara Moore, Latasha Kirkpatrick, Leah

Rosser, Brandon Hall, Virginia Vance

Hall of Fame- Nick Curcio, Jing

Chen, Emily Tolley, Michael Fifer,

Virginia Vance, Brendan O' Hara,

Tyler Belcher, Brittany Pierce,

Andrea Jones, Kevin Worley

NHS Scholars- Jing Chen, Nick

Curcio

National Scholar/Athletes-

Emily Tolley, Nick Curcio

Outstanding Band Soloist-

Jing Chen

**Excellence Award for Leadership and
Scholarship-** Virginia Vance

Distinguished Athlete- Megan Balthis

Air Force Science and Math- Jing
Chen

Most Versatile Athlete- C. J. Lee

Outstanding Vocalist- Kara Sproles

American Veterans Scholarships- Jing

Chen, Brendan O' Hara, Jonathan Hall,

Tyler Belcher

Bristol Virginia Utilities Scholarship-

Charles Bussey

Elks Best Student- Jing Chen

Rotary Club English Trophy- Kevin Fielder

Highest Average in Honors/AP English- Nick
Curcio

Dar Good Citizen Award- Nick Curcio

Christian Businessmen's Award- Edwin Harris

Educational Talent Search Award- Tad Giles

Humanitarian Award- Brittany Pierce

Americanism Award- Lauren Hanes

Principal's Leadership Award- Nick Curcio

Faculty Citizenship Awards- Shelbi Wilson,

Michael Fifer

Best All-Around Girl- Jing Chen

Best All-Around Boy- Nick Curcio

Cecil Rasnick Memorial Math

Award- Kevin Fielder



Virginia High School
Class of 2003

Virginia Tip-Off Classic

Scholarship- Sarah Janson

Pepsi/Highlands Union Bank

Tip-Off Scholarship- C. J. Lee

2003 Pamplin Leader- Michael

Fifer

Virginia Tech Alumni Association

Scholarship- Michael Fifer

Upward Bound Bridge Scholar-

Jessica Whaley

President's Scholar Scholarships-

Yatin Patel, Wes Copenhaver

Wal-Mart Scholarship- Jing Chen

Douglas Alumni Association

Scholarship- C. J. Lee

Cecil Belcher Scholarships- Sarah

Janson Brendan O' Hara

H.K. Breedlove Scholarship- Brett Davis

Radiology Associates Most

Improved Student- Virginia Vance

Bristol Anesthesia Services

Scholarship- Jing Chen, Leah Rosser

Van Pelt Scholarship- Jonathan Derden

A. T. Outlaw Scholarship- Emily Tolley

Virginia High School PTA

Scholarships- Brett Davis, Liz Browning

Outstanding Art Student- Sara

Moore

Science Achievement Award- Jing

Chen

Rotary Club Science Trophy- Jing

Chen

Outstanding Senior in Science-

Nick Curcio

Ray Hooper Business Education

Award- Morgan Fritts

Highest Average in Math- Jing

Chen

"He who dares to teach must never cease to learn."

Anonymous

Jason Myers

Driver's Ed.

"I like Mr. Myers. He's really nice."

Brandon Pruett, Sophomore

Pam Neal

Librarian

"Mrs. Neal is the coolest, most interesting librarian in the whole entire world. She makes the library a pretty interesting place to be and her presence is greatly inviting to most students."

Whitney Waddell, Senior

Teresa Necessary

P.E. 9, P.E. 10

"Mrs. Necessary is really nice and she makes gym a lot of fun. Hooray for dodgeball!"

Justin Artrip, Freshman

Myra Orr

Chemistry, Earth Science

"She taught me everyday whether I wanted to hear it or not. I thank her for that."

Zak Leniski, Senior

Ray Osborne

*Algebra II,
Integrated Algebra/Geometry*

"My favorite teacher is Mr. Osborne. He makes learning fun."

Chris Wilson, Freshman

Kristin Palmer

English 9, Journalism I,II, III

"Throughout the years that I've spent here, no teacher has inspired me more than Mrs. Palmer. She has taught me so much. I'll never forget her."

Ginni Vance, Senior

Bonnie Parks

Advanced Earth Science

"Mrs. Parks is a wonderful teacher. She teaches in a style to make sure everyone understands, which to me is very important!"

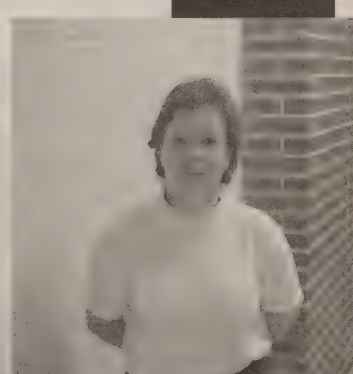
Morgan Tolbert, Freshman

Toni Phelps

Cosmetology

"Mrs. Phelps' class has really taught me a lot. Because of her I would recommend the class to anyone."

Elizabeth Guapo, Junior

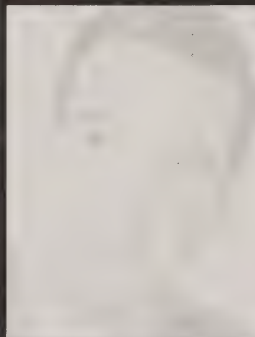




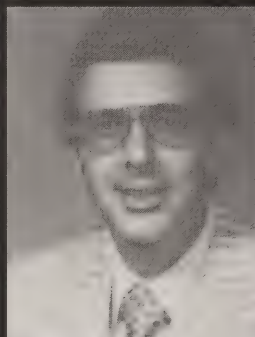
Who would have known that being an assistant Principal at Virginia High School would be in little Paul Hurley's future.



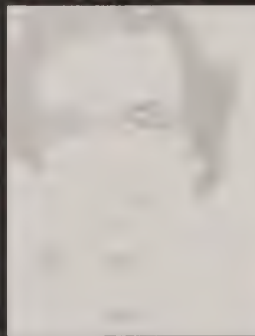
As a junior at Virginia High Mr. Hurley participate in many activities and sports including his favorite sport, Baseball.



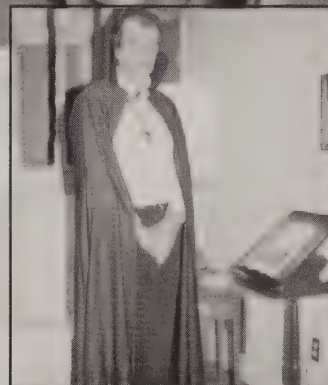
Teaching History and Drivers Education made Paul Hurley's first year teaching at Virginia High School a busy one.



After only five years of teaching students about driving and history, PH is movin' on up to become the assistant principal.



The students new style role model, Curley Hurley, as everyone liked to call him, could always keep up with the latest trends.



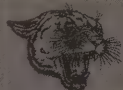
Through out the years Paul Hurley has become a legend at Virginia High School. His devotion to his job and his Bearcat pride has always made students love VHS just as much as he does.



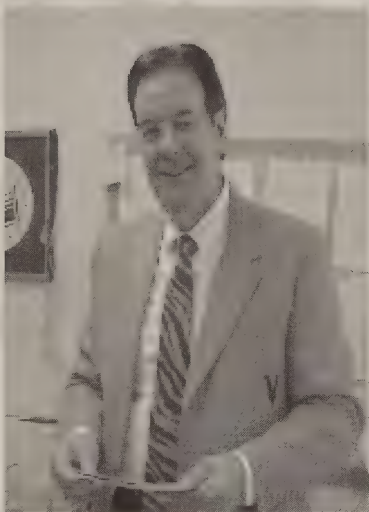
"VHS has experienced numerous principals since Mr. Outlaw retired. Mr Hurley has been the one constant through all the changes. (A very good constant!)"

-Mrs. Cochran

Dedication

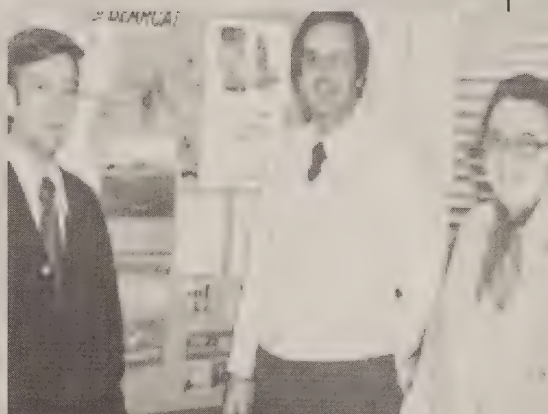


The Man Behind the Pride



Being the Beatcats biggest supporter, Mr. Hurley has always found a way to spread his school pride to others.

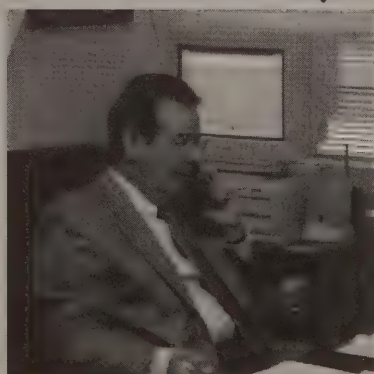
Working with each other everyday has caused Mr. Hurley, Ms. Carroll, and Ms. Danko to become good friends.



"PH's" first year as assistant Principal was made easier from the guidance he received from former Principal Mr. Outlaw and former assistant Principal Ms. Huff.

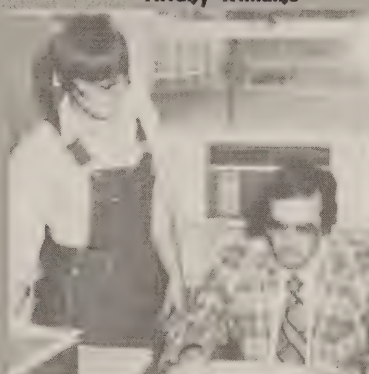
"Through rain, sleet, or snow, Mr. Hurley is always on call."

-Mrs. Palmer



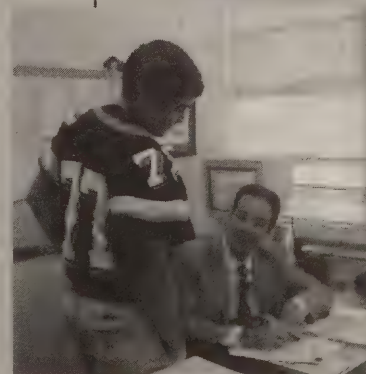
"Mr. Hurley always knows how to take control of a situation and provide the proper discipline."

-Tiffany Williams



"Mr. Hurley always finds a way of making light of a bad situation."

-Brenda Carroll



looking back to the past year



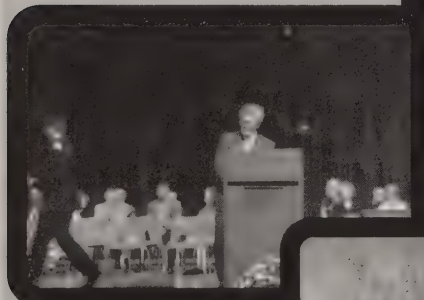
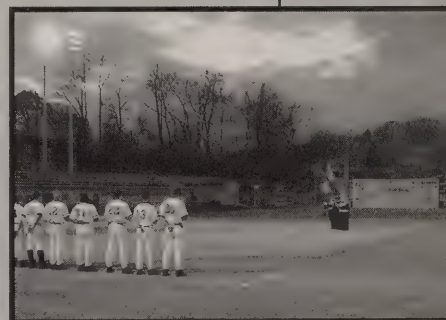
Josh receiving
The Outstanding
Citizenship
Award at the
Senior Lun-
cheon.



During his junior and senior year Josh was an active member in the ROTC program. He excelled in many endeavors and was honored numerous times for his achievements. He was an admirable role model to many other cadets by demonstrating his impressive leadership skills.



Josh received The Most Outstanding Cadet Award during his junior and senior years. His salute to Col. Fetzer during the presentation was a heart-warming and emotional tribute to not only the armed forces but to America. The audience was in awe of his grace and gratitude.



Group picture before
Vetern's Day Parade

The ROTC (Reserve Officers Training Corps) Programs offered by the Army, the Navy, the Air Force and the Marine Corps train qualified young men and women to become officers in those services upon graduation from college. ROTC is available in over 1,000 colleges and universities throughout the U. S., both those that host ROTC units or detachment and those with cross-enrollment agreements with them.

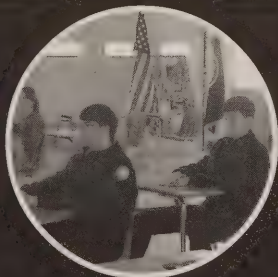
ROTC



Air Force ROTC has a long history of tradition and honor that dates back to the turn of the last century. Established with the passage of the National Defense Act of 1916, it is the largest and oldest source of commissioned officers for the Air Force.



Core Values



Service Before Self:
Military service is not just another job. It's an uncommon profession that calls for people of uncommon dedication. A leader unwilling to sacrifice individual goals for the good of the unit cannot convince other members to do so.



Excellence In All We Do:
Our mission often involves the risk of human life and sometimes — national survival. The obligation to excel is a moral obligation for members of a professional military force.

"Service before self is an excellent way of life. AFROTC helps develop that spirit."
— Christopher Stone,
Atmospheric Science
Major, University of
Missouri-Columbia

Senior

Honors and Awards

Luncheon



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Rosser, Brandon Hall, Virginia Vance

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Outstanding Art Student- Sara
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Chen

Rotary Club Science Trophy- Jing
Chen

Outstanding Senior in Science-
Nick Curcio

**Ray Hooper Business Education
Award-** Morgan Fritts

Highest Average in Math- Jing
Chen



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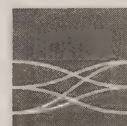


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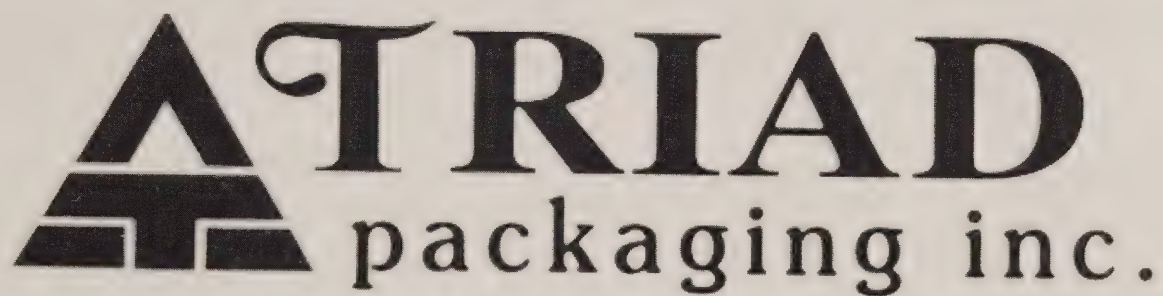
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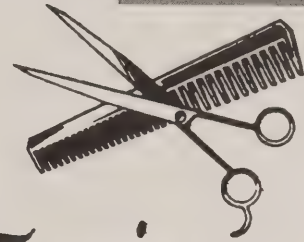
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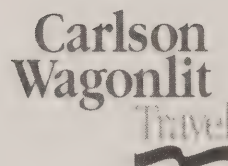
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E-Mail: prema.ratliff@wtsinc.com

PUTT-PUTT

Scorecard

Pro par: 36
Amateur par: 45



Player	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19 Total	20-18 Total	Grand Total

- All play must begin from the tee mat.
- No more than four players together – allow faster groups to play through.
- Five stroke limit – if you do not complete the hole in four shots, pick up and mark a "5" on your scorecard.
- Each player in the group finishes the hole before the next player begins.
- Any ball coming to rest against a rail or obstacle may take one clubhead relief without penalty.

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